

THE DICTIONARY
OF
DAINTY
BREAKFASTS

BY
PHYLLIS BROWNE

WITH A TABULAR INTRODUCTION
BY
A MERE MAN

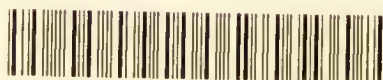
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THE DICTIONARY OF DAINTY BREAKFASTS

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INTRODUCTORY.

A breakfast should consist :—

- A. Of a fundamental dish.
- B. Of one or more trifling accessories for the benefit of (1) those who are so hungry that the fundamental dish does not suffice, and (2) those who feel so sick that they cannot touch it.
- C. Of fresh fruit, stewed or tinned fruit, jam or marmalade.
- D. Of drinks.
- E. Of bread, toast or scones.

A. FUNDAMENTAL DISHES.

These may be considered under the heads of :—

1. Ham or bacon, alone, or in combination with other articles.
 2. Eggs cooked in various ways.
 3. Fish and allied products.
 4. Certain internal portions of the animal economy.
 5. Meats of different kinds, hot or cold.
1. Ham or bacon.
 - (a) A cold ham or gammon of bacon may serve as the fundamental dish or as an accessory dish.

- (b) Fried or broiled ham, or bacon, alone.
This cannot be recommended as a primary dish, except for those who are feeling chippy as the result of the evening previous.
- (c) Combinations of fried ham or bacon with other substances. These are much to be commended : the more important substances with which bacon may be combined are as follows :—
 - (a) Poached or fried eggs.
 - (β) Sheep's kidneys, stewed, with a thick, nourishing gravy.
 - (γ) Liver : the pieces should be small and very well cooked.
 - (δ) Mushrooms.
 - (ε) Tomatoes, or even bananas (not much to be commended).
 - (ζ) Oysters or scallops.

2. Eggs cooked in various ways.

- (a) Simply boiled : these are more properly to be regarded as accessory trifles.
- (b) Poached, on toast.
- (c) Fried : these are impossible, apart from bacon.
- (d) Scrambled or buttered. They should never taste of vaseline.
- (e) Tomatoed eggs : much to be commended.
- (f) Omelettes. A perfectly plain omelette is not sufficiently nourishing as a *pièce de résistance*. It is better to add fragments

of bacon, chicken, kidney, or tongue.

Or it may appear as :—

Savoury omelette.

Omelette aux fines herbes.

Sweet omelette } (not very suitable at
Cheese omelette } breakfast).

Tomato omelette.

- (g) Eggs may also be cooked in recondite and fancy ways, such as “*aufs à l'Aurore*,” “sunshiny eggs,” “hashed eggs with gravy,” and last, but not least, “curried eggs”.

3. Fish and allied products.

- (a) *Real fish.* The following kinds are suitable :—

Salmon cutlets (when salmon is down to 1s.).

Trout (when you can get it).

Fried soles (if expense is no object).

Lemon soles, filleted.

Fried plaice or brill.

Cod cutlets.

Fresh herrings (in season).

Bloaters : these should be gently smoked and not salted. It is best not to split them, or remove the backbone, as by these processes the natural anatomy of the fish is disarranged, and you get your mouth full of bones. It takes ten minutes longer to eat a bloaters the backbone of which has been removed; and there is an added risk to life.

Kippers : the same remarks apply to these ;

there is risk in eating them, and they are usually too dry and too salt.

Whiting : these should be quite fresh.

Mackerel : split and fried, or better stuffed and baked.

Smelts : these should be quite fresh.

Sardines : } these are accessory trifles.
Anchovies : }

Dried haddock : not too often.

Skate : an unpleasant dish, rather to be deprecated.

Sprats : excellent, if you don't mind the smell all over the house.

(b) *Crustacea.*

Lobster, if you can afford it in London.

Dressed crab.

Curried prawns : perhaps the best breakfast known to man.

(c) *Molluscs.*

Oysters, even tinned ones, stewed in cream : many will avoid fresh oysters on account of the dangers of typhoid.

Good scalloped.

Scallops.

(d) *Products of fish, etc.*

Cod's roe : excellent.

Herring's roe, on toast : an admirable accessory.

Kedgerees, from the remains of yesterday's fish (not very good).

4. Certain internal portions of the animal economy.

(a) Sweetbreads : too dear in London as a rule. The proper sweetbread is the thymus gland ; the pancreas is frequently foisted upon the unwary, but it is tough ; it may be known by its elongated shape.

(b) Kidneys (sheep's or even pigs') : these may be fried, but are better stewed with gravy. They may be eaten with bacon.

Kidneys stewed with mushrooms are a dream.

(c) Liver : with bacon, *vide supra*.

(d) Brains : lamb's brains fried in bread crumbs are not bad, but rather cloying.

(e) The heart is scarcely suitable for breakfast.

No other viscera are suitable.

5. Meats of different kinds.

The very robust are willing to eat chops and steaks at breakfast. Men in training commonly do so. A joint of cold meat may often be seen on the sideboard in country houses ; your hunting man eats this. The ordinary person eschews butchers' meat at breakfast.

The following meats are suitable :—

(a) Cold tongue—tinned or otherwise. Ox or sheep.

(b) Cold pheasant or grouse, when a present of game has arrived.

(c) Grilled or devilled fowl : principally the bird's legs.

- (*d*) Cold fowl or duck, left over from the night before.
- (*e*) Fricasseed fowl with bacon round the edge.
- (*f*) Any sort of fowl or game (or rabbit) may be served as a curry.
- (*g*) Sausages (pork or beef).
 - (1) Fried or grilled.
 - (2) Sliced and curried.
 - (3) As sausage rolls.
- (*h*) Meat pies, of sorts.
 - (1) Pork pie—cold. Those imported from Yorkshire and Northamptonshire are the best. They should be large : the smaller varieties contain an undue proportion of crust.
 - (2) Cold pigeon pie—containing also steak and egg.
 - (3) Cold veal and ham pie—containing egg.
 - (4) Cold beefsteak and kidney pie—containing egg.
 - (5) Game pie.
 - (6) Lamb pie.
- (*i*) Hot cutlets : veal or mutton—with or without tomatoes.

Fried or chip potatoes may be served with any hot meaty breakfast dish, and, indeed, also with certain varieties of hot fish.

B. ACCESSORY DISHES.

- 1. Boiled eggs.
- 2. Cold ham or gammon.

3. Sardines, in the tin or on toast.
4. Anchovies : the best are filleted ones in oil.
5. Potted meats of all kinds, tinned, or home-made when the tongue gets too low to be cut any longer. The works of a tongue, such as the lymphatic glands embedded in the fat at its root, pass unnoticed in the potted article.
6. Shrimp, bloater, or anchovy paste.
7. Mushrooms on toast.
8. Herring's roe on toast.
9. Porridge and its allies, Quaker Oats and other farinaceous foods. These may be eaten at the beginning of breakfast, as a foundation, or at the end, to fill up the cracks.
10. Cold sausages of sorts.

C. FRUITS AND VEGETABLE PRODUCTS.

Fresh fruit—especially oranges—apples, pears and other fruit in season. These are best eaten at the beginning of breakfast, in large quantities. They are better at breakfast than at any other meal of the day.

Tomatoes.

Stewed rhubarb.

Tinned pears, peaches, apricots, etc.

Jam and marmalade.

Honey or honeycomb.

Cream is good with them all, especially Devonshire cream. The best way of eating Devonshire cream is, however,

unquestionably with cheap, black, highly-flavoured treacle.

D. DRINKS.

Tea or coffee. Cocoa.

When fresh fruit is taken at the beginning of breakfast, a glass of hock is a suitable accompaniment.

A glass of good light beer is excellent after breakfast, as they know very well at Westminster school.

E. BREAD, ETC.

Stacks of hot buttered toast at each corner of the table.

Racks of dry toast.

Tea cakes and scones—hot and buttered.

Cut bread and butter.

White and brown bread.

Vienna and other fancy breads.

Hot rolls (for the reckless).

Hot cross buns on Good Friday.

Recipes for the preparation of these foods will be found in the following pages. For convenience of reference they are arranged in alphabetical order, and an exhaustive index will be found at the end of the work. In this, the attention of housewives is directed to the lists of dishes found under the headings: *Made-up Breakfasts* (that is breakfasts made from cooked fragments), *Night-before Breakfasts* (or breakfasts wholly or partially prepared overnight) and *Ten-minute Breakfasts* (or breakfasts which can be quickly prepared).

THE DICTIONARY OF DAINTY BREAKFASTS.

Anchovies give a flavour to many appetising dishes suitable for breakfast. They are to be bought either in a bottle or in a cask; also in the form of prepared paste. The best are filleted anchovies in oil. They will keep for a long time.

Anchovies and Egg Toast.—*Ingredients*: Two slices of toast, two eggs, six anchovies and a teaspoonful of chopped gherkin or chopped parsley. *Time required*: Ten minutes in the morning. (Eggs boiled, anchovies filleted (*see* ANCHOVIES, To FILLET) and gherkins chopped overnight.) Fillet anchovies and cut into strips. Chop gherkins. Boil eggs hard. Divide the yolks of eggs into halves, cut the whites into slices. Toast and butter the bread and cut into rounds three inches across. Arrange strips of anchovies in an open trellis with egg in the centre, white and yellow alternately. Sprinkle chopped gherkins on the top.

Anchovies and Eggs. (*See also* EGGS.)

Anchovies, To Fillet.—Soak the anchovies in cold water for an hour, then wipe them dry gently with a cloth. Open the fish with the thumb and finger, and, beginning at the tail end, loosen the bone and the tail with it. Each anchovy will of course furnish two fillets, and small as these are they should be cut into thin strips, because anchovy has a very strong taste.

Anchovies with Eggs.—*Ingredients* : One egg, one anchovy, a quarter ounce of anchovy butter or anchovy paste, for each square of toast. *Time required* : Ten minutes. Take as many squares of toast as there are persons. Butter with anchovy butter (*see* ANCHOVY BUTTER), or anchovy paste (*see* ANCHOVY PASTE), or salmon and shrimp paste (to be bought of the grocer). Lay a poached egg on the top, and ornament with strips of fillets of anchovy.

Anchovy Butter.—Mix together two ounces of butter, a teaspoonful of essence of anchovy, and a tablespoonful of lemon-juice.

Anchovy Butter, Toast, and Buttered Eggs.—*Ingredients* : A slice of toast, two eggs, a teaspoonful of essence of anchovy, ditto of lemon-juice, one ounce of butter. *Time required* : Fifteen minutes. Work anchovy, lemon-juice, and butter to paste. Spread on toast ; pile buttered eggs on top. (*See* BUTTERED EGGS.)

Anchovy Paste—Home-made, for sandwiches.—Boil two eggs twenty minutes. Shell, and beat the yolks to powder. Beat two ounces of butter to cream. Add the yolks, a little salt, and essence of anchovy to make a stiff paste. Press into small jars, and cover with dissolved butter. The paste will keep some time.

Anchovy Toast for Breakfast.—*Ingredients* : Two slices of hot buttered toast, twelve anchovies, a gill of salad oil, chopped parsley. *Time required* : Fifteen minutes in the morning. (Anchovies and parsley chopped overnight.) Fillet anchovies and mince the fillets. Warm in oil, spread on toast, sprinkle parsley on the top. Make hot in the oven, and serve hot. (*See* ANCHOVIES, TO FILLET.)

Apples, Baked.—Cooked apples are a valuable addition to the breakfast-table. Wash, but do not pare, any number of good, sound, well-flavoured baking apples, and stamp out the cores without breaking the fruit. Put the prepared apples into a baking dish with a teaspoonful of sugar, and either a small piece of stick cinnamon or a strip of thin lemon-rind in the holes. Pour boiling water to the depth of an inch round the apples, and bake until they are soft throughout without having fallen. Pour the syrup that remains over the apples (there will not be much), and serve in a glass dish with cream. The apples will need to be baked two hours or more according to quality, but they must be slowly cooked.

Apples, Stewed.—Pare, core and quarter six good baking apples. Make a syrup by boiling half a pound of sugar in half a pint of water. When it boils, skim it, and add the juice of half a lemon or of an orange, and a pinch of powdered cinnamon. Cook five minutes, put in the apples and stew gently until each portion is soft throughout, but whole. Cool before serving, or serve cold.

Bacon and Eggs. (*See EGGS.*)

Bacon and Kidney. (*See KIDNEYS.*)

Bacon and Mushrooms.—*Ingredients* : Half a pound of good sized mushrooms, half a pound of bacon cut into very thin rashers, a gill of stock slightly thickened with flour, six small rounds of buttered toast, chopped parsley. *Time required* : Fifteen minutes. Peel and trim the mushrooms. Stew gently in a covered saucepan with an ounce of butter, pepper and salt for six minutes, add the thickened stock and stew four minutes longer. Cook the rashers of bacon and make the toast. Serve

the mushrooms on the toast, with a rasher in alternation with each round. Sprinkle chopped parsley over, pour the sauce round, and serve hot.

Bacon, Boiled.—Boiled bacon goes farther than bacon cooked in rashers. The middle cut of a gammon of bacon is excellent for boiling, and it can be used as ham. The corner piece of the gammon is lower in price, but it is less profitable than the middle cut. Amongst other favourite parts for boiling is a piece weighing two pounds and a half from the end of the loin for a small family, or a part of the thick flank or the back ribs. If the piece of bacon chosen is very salt and hard it should be soaked for some hours before being cooked. If fresh and mild it may be sufficient to wash it and scrape the flesh, trimming away any parts that look dark and uninviting. Put it into lukewarm water, bring gently to the boiling point, skim the broth, and simmer gently till done. Bacon requires long boiling, but the precise time depends upon quality and thickness. The thicker side of a fitch would need to boil half an hour longer than the thinner side. It is fairly safe to allow twenty-five minutes per pound, and twenty-five minutes over, for a thick piece. Smoked bacon also needs to boil longer than unsmoked bacon. If it is to be eaten cold, bacon may with advantage be left in the liquor in which it was boiled until both are cool. The skin should then be drawn off and the fat side covered thickly with fine raspings or glazed and decorated.

Bacon, Choice of.—Bacon is a very usual dish at English breakfast-tables, and it may be cooked in many ways, toasted or baked or broiled or boiled or fried. When of good quality and daintily cooked it is an excellent dish, and it is worthy to have pains bestowed upon

it. Choose bacon that has thin rind, firm pink fat, bright red lean that adheres to the bone, and a pleasant smell.

Bacon, Cold.—Slices of cold boiled bacon may be egged, breaded and toasted for breakfast.

Bacon, Rashers of, Baked.—*Time required:* Ten minutes. Cut streaky bacon or slices taken from the back very thin. Before slicing trim away rind, bone and all smoky parts. Place them in a large baking tin overlapping each other, and in such a way that each strip of lean shall rest on the fat of the rasher underneath. Bake in a gentle oven.

Bacon, Rashers of, Fried.—*Time required:* Ten minutes. It is a mistake to put rashers of bacon into a cold frying-pan and place them on the stove till done. Rather put a little bacon or other fat into the pan, when hot lay the slices in it and cook slowly over a slow fire, turning repeatedly. On no account let the bacon frizzle over a quick fire.

Bacon, Rashers of, Rolled and Baked.—*Time required:* Six or seven minutes. Cut the bacon free from rind, bone and smoky parts into very thin slices about two inches wide and four inches long. Roll these up and run a skewer through them, place the skewer with the bacon upon it on a tin, and bake. Remove the rolls from the skewer and serve.

Bacon, Rashers of, Toasted or Broiled.—*Time required:* Six or seven minutes. The streaky covering of the ribs is generally chosen for cutting into rashers, or when lean bacon is preferred slices may be taken from the back. The readiest method of cooking rashers is to fry them; perhaps the best way is to toast them, and it is worth while to buy a Dutch oven if it is to be used for

this purpose only. Have the rashers freshly cut and as thin as possible, less than a quarter of an inch in thickness. Trim away the bone, rind and smoked part. Hang the slices on the toaster, put them before a clear fire, and turn frequently till done.

Bacon Rashers with Potatoes.—*Ingredients* : Cold potatoes, bacon. *Time required* : Ten minutes. When cold potatoes are left from the previous day's dinner they may be used to make a very tasty dish for breakfast. Chop the cold potatoes into dice. Toast the bacon in the usual way. When cooked take it up and fry the potatoes in the fat which has run from it. Pile on a dish and put the bacon round.

Batter, Frying.—Put two ounces of flour into a bowl with a pinch of salt. Mix very smoothly with half a gill of lukewarm water and three dessertspoonfuls of salad oil. The batter may be made several hours before it is wanted.

Beef, Frizzled.—A homely breakfast dish. *Ingredients* : Half a pound of cold boiled salted beef, three eggs, two ounces of butter, flour, pepper and salt. *Time required* : Fifteen minutes. Shave the meat into thin slices and simmer these in half a cupful of stock or water for a minute or two to freshen the meat. Pour off the water. Melt the butter, and curl or frizzle the meat in it. Stir in the beaten eggs, season with pepper and salt, dredge lightly with flour and serve hot.

Beef, Glazed.—(See GLAZE.)

Beef Hash au Gratin.—*Ingredients* : Remnants of hashed meat. An ounce of butter. Half a cupful or more of bread crumbs. *Time required* : About twenty

minutes. Put the hash into a buttered dish and sprinkle bread crumbs over its surface. Moisten with the butter and bake till hot through.

Beef, Jellied.—Proceed as for Beef, Pressed (*q.v.*). After taking the meat out of pressure, trim it neatly, and put it into a deep dish of about its own size. Pour over it some clear liquid stock strong enough to jelly firmly when cold. Leave it all night. When turned out, it will be found that the stock has run under the meat, thus causing it to be encased in jelly.

Beef, Potted.—Potted beef not to be despised can be made of fragments of cooked meat mixed with a due proportion of fat, which has been cut into small pieces, pounded and seasoned judiciously. If superior potted beef is wanted, proceed as follows: Take the required weight of fillet steak, cut it into small pieces, salt them and put them in a jar, cover closely, place in a saucepan of water and stew very gently for about two hours. Pour off nearly all the gravy and pound the beef till smooth with a fourth of its weight in fresh clarified butter; whilst pounding add from time to time a seasoning of salt and pepper, with enough essence of anchovy to bring out the other flavours. Put the preparation again into the jar and let it get hot through in the oven. When cold put it into the small pots that it is to be kept in and cover with melted fat.

Beef, Pressed.—Pressed beef is an excellent standing dish for breakfast use, and it is not expensive, because it is made of the cheaper and coarser parts of meat. If fat mingled with the lean is not disliked the thin flank of beef could be taken. If fat be disliked the thick flank would be better, or a good piece of brisket might be obtained. In any case get a good piece of nine or

ten pounds and have the bones removed. Pound together in a mortar a pound of common salt, a pound of bay salt, a pound of moist sugar and one and a half ounces of saltpetre. Rub this mixture into the beef for ten minutes, then lay it with the salt in a deep pan, and turn and rub it every day for ten days or a fortnight. (The salt mixture can be used again and again.) When the meat is to be boiled wash it quickly in cold water to free it from salt, roll it as tightly as possible and bind it securely with tape. Put it in a stew-pan with lukewarm stock or water to cover it, an onion and a bay leaf with it, bring it gently to the point of boiling, skim the liquor, draw the pan back and simmer gently till done, allowing five and twenty minutes to each pound. Take it up, lay it on a dish, put another dish on the top with two or three flat irons, and let it remain under pressure all night. Next day remove the bindings, trim the meat neatly and glaze or jelly. (*See GLAZE, and BEEF, JELLIED.*) Put a silver skewer through it and garnish it prettily for serving.

Beef, Spiced.—Proceed as in the above recipe, adding an ounce of powdered cloves, half an ounce of mixed spice, a pinch of black pepper and one or two grates of nutmeg to the salting mixture.

Bloaters are very often served for breakfast, and they furnish a very tasty dish. They are cooked in various ways. The most usual way of dealing with them is either to grill them over a slow fire, or to toast them. They have a very strong odour which clings to any utensil that is used for them, and they should be kept apart from other food. They should be perfectly cleansed without being cut open. To this end make a slight cut in the back of the head, then twist the head off with the fingers

and the inside will come with it. Hold the fish under the tap, and let the water run through it. Wipe it dry. The fish may be grilled over a slow fire, and turned frequently until it begins to smoke, when it is done through; it needs only to be a little more than well warmed. A knob of butter may then be melted over it, and it should be served very hot.

Bloaters, Baked.—*Time required:* A few minutes. Prepare the fish in the way already described and press the fleshy portions together to make it look plump. Put it in a lightly buttered frying-pan or baking-tin, cover with a sheet of buttered paper and cook in a moderate oven till done.

Bloater Cakes.—*Time required:* With preparation overnight, a few minutes in the morning. Lightly cook the bloaters, and take up the meat free from skin and bone. Mix with it its bulk of mashed potatoes, and bind with butter or cream (potatoes left from dinner may be used), and pepper well. Form the preparation into balls, egg and crumb them, and fry in hot fat.

Bloater on Toast.—*Time required:* A few minutes. Put the bloaters into boiling water and let them simmer gently for two or three minutes, till the skin can be drawn from them easily. Skin them and lift the flesh from the bones in fillets. Brush them with butter, and pepper lightly, then lay them between slices of buttered toast. Cut them into neat squares, place them in the oven till very hot, and serve.

Bombay Toast. (See TOAST, BOMBAY.)

Brains.—Sheep's brains can be had all the year round, and an excellent dainty dish for breakfast can be made with them. It is important, however, that they

should be quite fresh. In summer they deteriorate in quality very quickly. However they are to be cooked first put them in water to which a few drops of vinegar have been added, and let them lie for an hour, then drain them, boil them in stock for ten minutes and let them get cold. Handle them carefully as they easily break. When sheep's brains are fried for breakfast, the rest of the head can be converted into brawn. (*See BRAWN.*)

Brain Cakes.—*Ingredients* : The brains of a sheep or a calf. Bread crumbs, one egg, pepper, salt and flour, half a pound of bacon. *Time required* : Ten minutes to boil the brains. Form into cakes overnight. After the usual preliminary treatment mince the brains and mix them with double their bulk of well-seasoned bread crumbs, with sufficient egg to bind the preparation. Form it into cakes and lightly flour them. Fry to a light brown, and serve in a hot dish in alternation with rashers of toasted bacon. This is a good way of dealing with cooked brains left from the previous day.

Brains, Calf's.—Calf's brains are excellent cooked as directed for brains.

Brains, Fried.—*Ingredients* : Sheep's, lamb's, or calf's brains, egg and bread crumbs. *Time required* : A few minutes for frying. After the preliminary treatment, cut the brains into slices or form them into rounds by gentle pressure, then dip in well-beaten egg, and afterwards into seasoned bread crumbs. Fry carefully on both sides and serve hot.

Brains Fried in Batter.—*Ingredients* : Sheep's or calf's brains, frying batter (*q.v.*), parsley. The brains can be prepared and the batter made overnight. *Time required* : A few minutes for frying. After the preliminary

treatment (*see* BRAINS) cut the brains into thin slices. Make ready a little frying batter (*see* BATTER, FRYING) and make some fat in a deep saucepan so hot that it is still. Take up the slices of brain one at a time, dip them into the batter, take them out singly with a tablespoon, and turn the slice of meat with as much batter as can be held in the spoon into the boiling fat. Let it remain for less than a minute till the ball of batter is lightly browned, and do not attempt to fry more than two balls at once. Have close at hand a dish covered with kitchen paper, place each ball on this when done to free it from grease. Take out any little pieces of batter which remain with the skimmer, and finish all the slices in the same way. Garnish the dish containing the balls with fried parsley and serve.

Brains in White Sauce.—*Ingredients*: Sheep's or calf's brains. A cupful of good white sauce, two tablespoonfuls of crumbs, one spoonful of grated ham. *Time required*: Ten minutes for baking. After the usual preliminary treatment chop up the brains and stir the mince into double its measure of good white sauce. Put the mixture into china *soufflé* cases, sprinkle bread crumbs, finely minced ham or grated tongue on the top, and bake in a quick oven. (*See* SAUCE, WHITE.)

Brawn.—A clever cook can make brawn of almost anything; yet nothing that is not absolutely dainty should be put into it. Calf's head, pig's head and feet, or ox cheek are suitable for making it. Whatever meat is chosen the method of preparation is the same.

Suppose that brawn is to be made of half a pig's head and two pig's feet. Cleanse the meat and let it lie in salt for three or four days. Then wash and simmer in cold water to cover until the meat is tender and will

leave the bones easily. Cut it while hot into neat pieces and season with salt and allspice. Put it into a basin, pour a breakfastcupful of the liquor in which the head was cooked over it, place a weight upon it, and turn out when cold. Sometimes slices of hard boiled egg are put, when hot, between the layers of meat.

Breads, Fancy. (*See FANCY BREADS.*)

Bread Patties, sometimes called **Dresden and German Patties**.—*Ingredients*: Stale bread, a cupful of milk, an egg, bread crumbs, savoury preparation made of the remains of cooked fish, poultry or meat, or of whipped cream flavoured with shrimp or anchovy paste. *Time required*: Five or six minutes to make hot the mince and to heat the patties in the oven. They may be prepared overnight. Take the remains of any kind of cooked fish, free it from skin and bone and flake it. If scraps of meat or poultry are used, remove skin and gristle and mince finely. Season well and stir the mince into its measure of thick white sauce. Take a slice or more of stale crumb of bread two inches thick. Stamp into rounds with a pastry cutter about three inches across, or with the round top of a flour dredger, and mark a smaller circle in the centre of each. Mix a beaten egg with half a pint of milk and a pinch of salt. Put the patties into this and let them stand for about an hour or till soaked through. Take them up with a slice and let them drain. Afterwards either flour them or egg and crumb them, turning them with a slice, for they will break if handled. Put them into a frying-basket, lower them into hot fat and let them cook about six minutes or till brown. Scoop out the centre, leaving about half an inch of crust all round, fill with the savoury preparation and serve.

Bread Patties with Sweetbread. (*See SWEETBREAD.*)

Bread Patties, Cold.—Instead of bread use farthing rolls for the patties. Slice off the top, scoop out the crumb, put in the savoury mince and serve cold.

Brill, Fried. (*See FISH, FRIED.*)

Brown Butter Sauce. (*See SAUCES.*)

Calf's Liver. (*See CHICKENS' LIVERS.*)

Carp, Kippered. (*See SALMON, KIPPERED.*)

Chicken.—A chicken may be cooked in various ways for breakfast. For a small family it is sometimes convenient to cut the bird in halves and dress one half one way and the other half differently on the following morning. The flexibility of the end of the breastbone is a certain way of determining the age of a chicken. If the bone be hard and firm the bird is old, if it be soft like gristle the bird is young.

Chicken, Baked (in imitation of grilling).—*Ingredients* : A chicken, a little butter. *Time required* : Twenty to thirty minutes, according to size. Prepare the bird as in *Chicken, Broiled* (*q.v.*), lay it in a warm dripping-tin and bake it in a moderate oven. Turn it two or three times and baste it by rubbing it all over with butter tied in muslin each time it is turned.

Chicken, Broiled.—*Ingredients* : One chicken, oil or butter for basting. *Time required* : Twenty or thirty minutes, according to size. Select a young chicken for broiling. Unless the bird is quite young it should be partially roasted before being grilled. Pick and singe the bird and divide it evenly quite through, cleanse it thoroughly, cut off the head and neck, and the first joints of the feet, wash it quickly in cold water, and be sure to dry it perfectly with a napkin. Put the half chicken in good

position, and make it as flat as possible so that the heat of the fire may reach every part equally, and that there may be no danger of its sprawling in the dish. A little while before cooking it oil it all over, or brush it all over with butter that has been softened till it runs, put it on a gridiron over a clear fire, bones downward, and keep it well basted. Turn it three or four times during the process of cooking, and begin to turn as soon as the gravy oozes out. Sprinkle with pepper and salt and serve. Cook quickly at first and more slowly towards the end. Be careful that the flesh is well cooked at the thick joints of the wing and leg. The bird will be more easily cooked in a hanging grill in front of the fire than it will be over the fire. This method of cooking a chicken is not easy, but when successfully managed it is always liked.

Chicken, Broiled (easy method).—When it is not convenient to grill a chicken in the usual way, proceed as follows: Prepare the bird as described above, brush it over with oil and put it in a buttered stewpan. Three parts cook it and baste it frequently, then finish it on the gridiron or in the oven.

Chicken's Legs, Devilled.—*Ingredients:* Cold dressed legs of bird, materials for devil mixture. *Time required:* Preliminary preparation overnight. Ten or twelve minutes to broil. Skin the cold dressed legs of the chicken overnight, and score the flesh deeply parallel to the bone. Make a hot sauce by working together a tablespoonful of oil, a teaspoonful of salt, a saltspoonful of pepper, a few drops of anchovy, and if liked a tablespoonful of good chutney. Insert this sauce into the scores of the flesh and spread it over and about. In the morning grease the bars of the gridiron and make them hot, put on the

devilled legs, and broil over a clear but not fierce fire, turning the legs every minute till the flesh is hot through without being either burnt or hardened. Serve very hot.

Chickens' Livers.—*Ingredients*: One or two livers, pepper, a quarter of a pound of bacon, a little butter or oil. *Time required*: Ten minutes. The livers of chickens or turkeys if not wanted for other purposes may be used to make a dainty breakfast dish for one or two persons. Clean the livers by cutting away the galls, wash them, dry them well in a clean cloth and cut each liver in two lengthwise. Take a number of very thin slices of rather fat bacon of the same shape and size, cooked or uncooked. Thread bacon and liver on a skewer as closely as possible, and roll them in liquid fat. Melt a slice of butter in a frying-pan, lay the skewer containing the slices in it, put the pan on the fire, and turn the skewer round once or twice to secure equal cooking and browning. In about ten minutes they will be done. Sprinkle the slices with pepper and serve very hot. If chickens' livers cannot be obtained, a slice of calf's liver may be treated in the same way.

Chicken, Pieces of, Devilled.—*Ingredients*: Cold dressed chicken, devil mixture. *Time required*: Ten or twelve minutes. Pieces of dressed chicken can be utilised to make a modified "devil" as follows: Trim the joints neatly, score the flesh deeply and insert the savoury mixture mentioned in Chicken's Legs, Devilled. Dip each joint into melted butter, lay the pieces when done in a buttered dripping-tin and sprinkle fine even bread raspings over them. Place them in a quick oven till hot through. When it is not convenient to use the gridiron, legs and pieces of chicken may also be devilled in a stewpan. Divide the remnants into neat

and rather small pieces. Score the flesh and insert the hot mixture (*see* CHICKEN'S LEGS, DEVILLED) overnight. In the morning melt half an ounce of butter in a shallow pan, put in the pieces of chicken and turn them over a low fire for ten or twelve minutes until they are hot through and dry without being burnt. Serve hot.

Chicken, Remains of.—*See* RABBIT, COLD, RE-WARMED.)

Chicken, Remains of, Fried in Batter.—*Ingredients* : Cold chicken, marinade, frying batter. *Time required* : Preparation overnight. Less than a minute will cook each piece of meat. Cut the remains of cold chicken into neat pieces, and lay them overnight in a marinade made of an onion, chopped finely, and mixed with a pinch of mixed herbs, pepper and salt, two tablespoonfuls of oil and one tablespoonful of vinegar. Make also overnight some frying batter (*see* BATTER, FRYING). In the morning drain the pieces of chicken, dip them in batter and fry according to the recipe given for frying brains in batter.

Chicken, Remains of, Minced with Eggs.—*Ingredients* : Cold chicken, stock, milk, butter, flour, one egg for each person, chopped parsley, toast. *Time required* : Principal preparation overnight. A very good breakfast dish may be made with the fragments of cold cooked chicken as follows : Overnight take all the flesh from the bones of a cooked chicken left at dinner, cut it into dice, and put it away between two plates in a cool place. Stew the bones with water and an onion to make stock. When good skim away the fat, strain the broth, and season it. In the morning melt two ounces of butter in a daintily clean saucepan, mix with it one ounce and a half of flour to make a smooth paste, and add gradually a gill of the chicken stock and a gill of milk. Let the

sauce boil for three or four minutes, then put in the chicken mince, and set the preparation in a jar surrounded with boiling water to keep hot until the requisite number of eggs have been poached. When all is ready put eggs and mince in the middle of a dish, arrange the eggs neatly round with triangles of toasted bread between the eggs. Sprinkle chopped parsley over the eggs and serve hot. This dish sounds elaborate, but it can be prepared so much overnight that it is not very troublesome.

Chicken, Remains of, Sauté.—*Ingredients*: Cold chicken, four or five rashers of bacon, sauce. *Time required*: Six minutes to fry the chicken. Cut up the remains of cold chicken and fry in a gill of boiling oil till brown. To make sauce melt half an ounce of butter and sprinkle a dessertspoonful of flour into it, stirring and beating it well to make a smooth paste. Add gradually half a pint of stock and boil well. Last thing add a finely shred shalot, five button mushrooms, a squeeze of lemon-juice and a tablespoonful of cream. Have ready four or five rolls of bacon (*see* BACON, RASHERS OF, ROLLED AND BAKED). Arrange the chicken and rolls round a dish, pour the sauce into the centre and serve.

Chicken Sauté.—*Ingredients*: One chicken, three ounces of oil, three ounces of butter, shalots, gravy. *Time required*: Ten minutes to fry the joints of fowl. Divide the chicken into ten pieces, that is, two legs, two wings, two pinions, two back pieces and two breast pieces. The wings should be taken with the muscle belonging to them, and cut from the body slantwise. Put in a pan equal quantities of oil and butter (about three ounces of each). Warm the fat and arrange the pieces of chicken in the pan, the legs with the skin downwards.

Cook softly over a not too quick fire, and without boiling. Turn the wings first, then the remainder. Turn frequently, but do not stick the fork into the flesh when doing so. When turning the legs take up the wings, and put them between two plates in the oven; the legs must be taken out last. Cover the whole and put in the oven. Fry in the fat two or three shallots sliced till yellow without letting them get dark. Arrange in pyramid form in a hot dish, with a little gravy if required.

Chicken Sauté with Chives.—*Ingredients:* One young fowl, a bunch of chives, three ounces of oil, three ounces of butter, gravy. *Time required:* Ten minutes to fry the joints of fowl. A young fowl only is suitable for this dish and should be cut into six parts, or the legs only can be taken. Prepare the chicken and make it quite dry, and dredge lightly with flour, then wash thirty chives, cut them into thin rings, throw them into a bowl containing boiling water, let them lie for five minutes, drain them and spread them on a cloth. Cook the chicken according to the directions given for Chicken Sauté, and fry the chives separately in a small quantity of fat till they are yellow, not brown. Arrange the pieces of fowl on a dish, scatter the chives over them and serve.

Chocolate.—Daintily made chocolate is an agreeable beverage and very nutritious. The quantity required depends upon the quality of the article, and upon the degree of thickness approved. Speaking roughly it may be said that a stick or square of chocolate, or one ounce, would be needed for half a pint of milk or milk and water. Two ways of making chocolate are here given: 1. Grate the chocolate, stir it into the boiling milk, whisk

it briskly and take off the foam as it rises. Continue whisking till all is done. 2. Put half a pint of water into a daintily clean saucepan, drop into it half a stick of chocolate and a lump of sugar, and stir now and again until the chocolate is dissolved. As soon as it boils add a cup of milk, boil up again and serve. If chocolate is kept boiling it becomes indigestible.

The chocolate of different makers varies so much in strength that it is well to experiment with one sort until it has been ascertained how much chocolate is needed for a cup.

Chops, Mutton, Broiled.—Mutton chops are best when broiled, and it is perhaps scarcely necessary to give directions for this mode of cooking. The points to remember are that the fire should be clear, the gridiron hot, and the portion of meat should be turned every minute till done. A chop takes eight to ten minutes according to thickness.

Chops Broiled in a Stewpan.—In the early morning it is not possible in every household to broil chops over the fire, and when this is the case chops may with care be fairly well broiled in a stewpan, according to the following American recipe. Make the stewpan or sauté-pan very hot without fat, drop into it the trimmed chop, and count ten slowly, turn it, and count again, turn once more and leave it for about a minute, then draw the pan to the back and finish slowly. A chop one inch thick will be done in from five to seven minutes. If the pan is hot enough at first, there will be but a trifling loss of gravy or flavour. Season and serve as for broiled chops.

Cod, Creamed.—*Ingredients:* A cupful of dressed cod

broken into flakes, a eupful of white sauee, lemon-juice, bread erumbs, seasoning. *Time required* : Preparation overnight. Bake twenty minutes. Take the remains of eoked eod. Remove skin and bone and break the white flesh into flakes with two forks. Season well with pepper and salt, and sprinkle a few drops of lemon-juice over. Procure as much white sauee as there is fish. Mix gently so as not to erush the flakes, pour the preparation into a dish that will stand the fire, sift bread erumbs on the top, and bake in a hot oven. To make the sauee, melt two tablespoonfuls of butter in a small stewpan, mix a tablespoonful of flour smoothly with it, and pour on half a pint of milk. Let the sauee boil for two or three minutes, stirring it well, season it with salt, pepper and a tiny grate of nutmeg. The fish should be sent to table in the dish in which it was baked. If liked, the preparation can be baked in scallop shells.

Cod's Roe.—(See ROE.)

Cod, Slices of.—*Ingredients* : A piece of the tail-end of a good-sized eod, an egg, bread erumbs, seasoning. *Time required* : Preparation overnight. About four minutes for frying. Cut the tail-end of eod into sliees half an inch thiek, season them rather liberally with pepper and salt. Beat an egg in a plate and turn the sliees about in the egg, and powder all over with finely-sifted bread erumbs, or flour. Fry in a good depth of fat, and serve.

Cocoa Made from Nibs.—This beverage is quite unlike eoeoa made from the soluble powder, and it is much more nourishing. When well made it is elear and bright and has a pceuliar taste to which the palate soon becomes accustomed. It is necessary to let it simmer for some hours, and in households where it is regularly used a

special saucepan should be set apart for its preparation, and this may be kept constantly simmering by the side of the stove.

Allow a teacupful of cocoa nibs for each quart of water. Crush the nibs to small pieces under the rolling-pin, soak them all night in the requisite quantity of cold water, and next day let them simmer gently in the same water for six or seven hours. As the water boils away add more to keep up the measure. When sufficiently boiled, strain the liquid, let it get cold, skim the fat from the top, and the cocoa is ready. For economy's sake the old nibs are sometimes boiled again with the fresh ones. The cocoa produced is stronger but less bright than would otherwise be the case. Cocoa shells are sometimes substituted for cocoa nibs. The mode of preparation is the same.

Cocoa Made from Prepared Powder.—There are many sorts of powdered cocoas in the market. When cocoa is sold in a packet, directions for making are usually given on the label, and these should be followed, especially when any special mode of preparation is recommended. When no directions are given, the quantity of cocoa required should be mixed to a paste with cold water, boiling milk or boiling milk and water or boiling water should then be poured in gradually with one hand, while the preparation is stirred with the other. Boil for two minutes. Sugar can be added at discretion.

Coffee.—It is quite easy to make good coffee with the proper appliances and materials. These are; a sufficiency of freshly roasted and freshly ground coffee berries, boiling water, and a *cafetière* such as is sold by any ironmonger. No chicory is needed, indeed if genuine coffee is required chicory must not be used. Chicory gives brilliancy to the appearance of the beverage produced,

and it saves money, for it gives a semblance of strength at a lower price than coffee unadulterated, but it does not possess the qualities of true coffee.

The fragrance of coffee escapes from the berry very quickly, and, therefore, as it is rarely possible to have it roasted at home in private houses, it is desirable to buy it in small quantities, being careful to obtain it in good condition, and then to keep it in a canister with a tightly fitting lid. If after this the berries are gently heated in the oven for a few minutes before being ground, to revive the flavour, and if the berries are not ground until wanted, the coffee will be everything that could be wished.

The state of the pot used in making coffee has much to do with its excellence. Vessels used for making coffee call for most careful attention, and they very soon get out of order if neglected. There is an oily property about coffee which adheres in spite of rinsing, which clogs the holes of the strainer, and not only keeps the coffee from running out, but spoils its flavour. It is not enough to rinse out the ordinary *cafetière* or metal pot every day. The vessel should be washed, not merely rinsed with boiling water, and the pieces should be taken apart and dried separately. If packed away wet and left to dry by themselves, they will impart a metallic taste to the liquid. Cold water is worse than useless for washing a coffee pot, because it sets the oil. Because they can be thoroughly cleansed more easily, porcelain *cafetières* are to be preferred to metal ones.

Coffee, Quantity of the Product Needed.—The quality of this beverage depends very much upon the amount of material used. If coffee “really good” is desired, plenty of the ground powder must be used. Ideas differ very much as to what the word *plenty* in this connection implies. Thrifty housewives have been known to maintain that a

teaspoonful of ground coffee is enough for half a pint of water. The usual allowance, however, is a heaped tablespoonful of coffee to half a pint of water. Very black coffee is sometimes made with a heaped tablespoonful of coffee to a quarter of a pint of water, and the Turks, we are told, use three tablespoonfuls of coffee for each small cup. When, however, it is wished that coffee should be really strong, it is better to decrease the measure of water rather than to increase largely the quantity of coffee used. If too much coffee be put into a *cafetière* the water does not filter through readily. Moreover, no one can drink a large quantity of very strong coffee. One way of securing a supply of strong coffee is to preserve a little of the beverage should any be left from one day to another, and make coffee for the second day from a weak solution of coffee and water, instead of plain water. We are told that the *garçons* in the French *cafés* always do this when they can. The cold coffee should not, however, be left standing in the *cafetière*; it should be drained off, and kept in a glass bottle closely stoppered.

Coffee, Various Ways of Making.—*To Make in a Cafetière.*—Fill the vessel with boiling water, let it stand a minute or two, then pour the liquid away. Place the approved amount of coffee upon the perforated bottom of the upper compartment, put the strainer in its place, and pour in gently and gradually as much boiling water as is needed. Cover the *cafetière* and leave it in a hot place until the water has filtered from the upper compartment into the lower one. If it is to be served in another pot, the vessel which is to receive it must be made hot with boiling water before the coffee is poured into it.

Coffee Made in an Ordinary Coffee Kettle.—Measure the quantity of coffee to be used. Make it hot in the

oven to revive the flavour, then put it into the kettle and pour the boiling water slowly over it. Let it stand a minute or two; put it on the fire and bring it gently to the point of boiling. Take it off the fire, pour out a cupful of the infusion, and return it to the kettle from a good height. Repeat this process twice. Throw a tablespoonful of cold water into the coffee, let the kettle stand by the side of the fire for three or four minutes, strain the beverage through muslin into the vessel from which it is to be served, and send it at once to table.

Coffee, to Make in the Pot from which it is to be Served.—Make a small bag of unbleached calico to be used as a strainer, and fix it so that it shall be suspended in the middle of the coffee-pot. Allow an ounce of ground coffee for each quart of the beverage. Heat the coffee, put it into the bag, and pour on boiling water to cover the bag entirely. Let the pot stand in a warm place for ten minutes, and serve.

Coffee, to Make in a Jug.—Fill the jug with boiling water, let it stand a minute or two, then empty it. For a pint of the beverage put two tablespoonfuls of ground coffee into the jug, pour the water, which should be actually boiling, over it, and stir with a spoon. Cover with a cloth pressed into the top, and set the jug on the hot plate for five minutes. Have the vessel in which the coffee is to be served made hot, lay a piece of muslin over it, and pour the coffee gently through the muslin.

Coffee Made with Chicory.—When it is preferred that chicory should be employed in making coffee, the proportions usually taken are from three to four ounces of chicory to one pound of coffee. These quantities are, however, subject to great variation. An overdose of chicory will make coffee undrinkable.

Crab, Mock.—(See MOCK CRAB.)

Crab Dressed and Served Cold.—Serve the meat of two crabs in one shell. Mix the soft creamy part from the cart with all the white meat that can be picked from the claws, and season if liked with vinegar, oil and pepper, but the flesh will look better without any dressing. Put the mixture into the shell, garnish with chopped parsley and serve on a dish covered with a napkin.

Croquettes.—(See RISsoles.)

Cutlets.—Trim loin chops away from the bone until there is nothing left but the lean round of meat with very little fat. Divide into cutlets about half an inch thick, egg and bread crumb these and fry until well browned in a little butter. Cutlets thus prepared are very dainty for breakfast, and the trimmings need not be wasted, they can be utilised separately.

Curry of Meat, Fish, etc.—Any kind of cooked meat, fish, game or poultry, can be cut into small pieces, simmered for a quarter of an hour in a good curry sauce and served for breakfast.

Curried Prawns.—(See PRAWNS, CURRIED.)

Curry Sauce.—(See EGGS, CURRIED.)

Devilled Drumsticks.—(See PHEASANT'S LEGS, DEVILLED.)

Devilled Meat.—*Ingredients :* Underdone cooked meat, fowl or kidneys. *Devil mixture.* *Time required :* Preparation overnight. Five or six minutes if grilled; fifteen minutes if made hot in the oven.

The remains of a joint of beef or mutton which has been underdressed may be devilled for breakfast as

follows: Cut thick slices of the underdone meat, and make deep gashes on both sides with a sharp knife. Put into a plate a teaspoonful of mustard, a tablespoonful of oil, a teaspoonful of vinegar, a teaspoonful of Harvey's Sauce, a few drops of lemon-juice and a grain of cayenne. Work these ingredients smoothly together and rub the paste into the meat. Grease and make hot the gridiron, lay the meat upon it, put it over a clear fire, and turn the slices often that they may get hot through. If more convenient a glass of claret can be added and the meat and mixture can be made hot in the oven. Serve on a hot dish, with *maitre d'hôtel* butter (see *MAÎTRE D'HÔTEL BUTTER*) as a garnish.

Devilleed Toast.—(See *TOAST, DEVILLED.*)

Devonshire Stew.—A homely breakfast dish. *Ingredients:* Fragments of mixed dressed vegetables to fill a half-pint measure. A herring, salt or fresh, a eupful of stock. *Time required:* A quarter of an hour.

Take any boiled vegetables there may be in the larder—especially potatoes—carrots and turnips, or potatoes alone may be used. Cut small and season with pepper and salt. Take also one herring which has had the head cut off, been boned and cleaned. Melt a slice of dripping in a stewpan, and put the various ingredients into it, and add a eup of broth to moisten the whole. Shake over the fire till the gravy is absorbed, and the stew hot through, and serve hot.

Dormers (Cold Meat).—*Ingredients:* Fragments of cold meat freed from skin and sinew and finely chopped to fill half a pint measure, an equal bulk of cold boiled rice, two ounces of finely-chopped suet, gravy to make a stiff paste. *Time required:* Preparation overnight. Three or four minutes for frying. Mix the ingredients to a stiff paste,

form into cakes or rolls and fry in plenty of hot fat. Serve either alone or with sauce.

Dried Haddock.—*Time required, etc.*: According to size. Wash the haddock and dry it. Make the gridiron hot and grease the bars, lay the fish on it, and grill it from six to ten minutes according to the size; or if preferred toast it. Rub a little butter over the surface before sending it to table, flesh upwards. Or, wash the haddock, put it into a pie-dish with boiling water to cover it, lay a plate over it, and let it stand by the side of the fire for twenty minutes or so according to size, but do not let it lie too long in the water or it will be soft and sodden. Drain it, spread butter on it, and serve hot.

Dried Haddock, Remains of.—Pick the flesh from skin and bone and break it into flakes. Toss it over the fire in a little butter till hot through. Have ready as much good fish sauce (*see* SAUCE, FISH) as will cover the fish. Put the hot haddock in a dish, pour the sauce hot over it, and serve.

Eggs à Bonne Femme.—*Ingredients*: Six eggs, half a pint of onion sauce. *Time required*: Fifteen minutes or more to bake the preparation. Sauce to be made overnight. The remains of sauce used the day before may be employed. Stir the beaten yolks of the eggs into the sauce, afterwards add the whisked whites. Butter well or oil two large sheets of white paper. Lay these on a baking-tin, pour the egg mixture over them, and bake in a good oven till set. Turn the preparation upon a hot dish, drawing the paper from it, and serve hot. If a cupful of brown gravy is available it may be made hot and poured round.

Eggs à l'Aurore.—*Ingredients*: A gill of good white

sauce, two hard-boiled eggs, a tablespoonful of browned bread crumbs, fried bread. *Time required* : Preparation overnight. Ten minutes or so to make everything hot in the morning. The remains of sauce used at dinner may be taken for this dish, or a little sauce may be made specially for the purpose. (*See SAUCE, WHITE.*) Shell the eggs, reserve the hard-boiled yolks, and cut the whites into dice. Make the sauce hot and stir the whites into it. Pour it into a dish, and set it in the oven in a tin with hot water round it to make it very hot. Just before sending it to table sprinkle the bread crumbs upon the top and rub the hard-boiled yolks of eggs through a wire sieve over it and garnish with *croûtons* and parsley. This dish looks very pretty when garnished with slices of tomato.

Eggs and Anchovy.—*Ingredients* : Six anchovies, two eggs, oil and vinegar, toast. *Time required* : To boil the eggs, ten minutes. Fillet four or six anchovies (*see ANCHOVIES, TO FILLET*). Boil also two eggs till hard. Thus far the breakfast can be prepared overnight. In the morning cut the fillets into very thin strips, arrange them on a plate crosswise and put oil and vinegar over them. Shell the hard-boiled eggs and cut them into slices. Place these round the anchovies and baste them with the dressing. If a little salad can be put with the fish all the better. This dish is merely a relish, but it is tasty and generally liked. Sometimes the filleted anchovies and a slice of hard-boiled egg are put on small rounds of toast, and one round is given to each person. (*See also ANCHOVIES AND EGGS : ANCHOVIES AND EGG TOAST ; and EGGS BUTTERED, WITH ANCHOVY.*)

Eggs and Bacon.—This may be called a “standing breakfast dish,” but, though popular, it is sometimes indifferently cooked. The points to remember are to have the bacon cut very thin, less than a quarter of an

inch in thickness, have the rind cut off, let it be slowly cooked and turned frequently in a pan that has been made hot before being used. It is better to be toasted than fried. The eggs may be poached separately or fried in the fat that has run from the bacon. In this case care must be taken that the fat is quite free from burn before the eggs are slipped into it. (*See EGGS, FRIED; BACON, RASHERS OF, FRIED.*)

Eggs and Bacon with White Sauce.—*Ingredients :* Eggs, bacon, white sauce, toast, parsley. *Time required :* A few minutes. Sauce prepared overnight. Poach some eggs neatly and lay them on a dish on rounds of toast. Have ready and pour over them a little good white sauce. (*See SAUCE, WHITE.*) Send small rolls of bacon to table on a separate dish. (*See BACON, RASHERS OF, ROLLED AND BAKED.*)

Eggs and Fish.—*Ingredients :* Four ounces of cooked fish, four ounces cooked potatoes, two hard-boiled eggs, a gill of milk or cream, an ounce of butter, pepper, salt. *Time required :* Preparation overnight. Ten minutes for baking. Free the fish from skin and bone and break it into flakes, pass the potatoes through a wire sieve and mix the two. Boil two eggs till hard, and cut into slices. Fill a buttered pie dish with alternate layers of the ingredients, pepper and salt well, and put knobs of butter here and there. Moisten with cream or milk, cover closely, and bake gently till hot through.

Eggs and Ham on Toast.—*Ingredients :* Eggs, cooked ham, squares of toast, gravy or cream, a little butter. *Time required :* About a quarter of an hour. Take as many squares of fried bread as there are eggs to be served, and two ounces of lean ham for each egg. Mince the ham, make it hot in a small saucepan with a little

butter, and moisten it with gravy or cream. Lay the savoury mixture on the squares of bread, put a poached egg on each and serve hot.

Eggs and Kidneys.—(*See KIDNEYS AND EGGS.*)

Eggs and Mushrooms.—*Ingredients*: Eggs, mushrooms, toast, butter, pepper and salt. *Time required*: Ten minutes. Take as many squares of toast as there are eggs to be served, with half a large mushroom or one small one for each square. Skin and clean the mushrooms and mince them coarsely. Melt a slice of butter in a stewpan, put in the mushrooms, season with pepper and salt and cook gently for seven or eight minutes. Poach the eggs, lay them on the toast, pour the mushrooms over and serve hot. If preferred, the eggs can be buttered (*see EGGS, BUTTERED*), the cooked mushrooms can be mixed with them, and the preparation served on rounds of toast.

Eggs and Peas.—*Ingredients*: Cooked peas, eggs, butter. *Time required*: About a quarter of an hour. When fresh green peas are left from the previous day's dinner, a good dish for breakfast may be made by tossing the peas in butter over the fire, and serving them in a silver dish, with poached eggs on the top.

Eggs and Shrimp Sauce.—*Ingredients*: Three eggs, three rounds of toast, two ounces of butter, one ounce of flour, half a pint of stock or water, a pint of shrimps, anchovy essence. *Time required*: About a quarter of an hour. Take as many squares of fried bread as there are eggs to be served. Poach the eggs, trim them neatly, lay one on each square and pour shrimp sauce (*q.v.*) over all.

Eggs au Miroir.—*Ingredients*: Eggs, salt, butter. *Time required*: Three minutes. Proceed as for Eggs

au Plat, but sprinkle salt over the whites only, and pour a spoonful of butter melted over the yolks. Cook for one minute on the hot stove, then place the dish in the oven for a minute and a half, and serve.

Eggs au Plat, called also Eggs on the Dish.—*Ingredients* : Eggs, a little butter, sometimes for the sake of variety a little cream, a knob of bloater paste, or a slice of *pâté*. *Time required* : Four or five minutes. Take a small enamelled dish that will stand the fire, and that can be sent to table, also one that is of a size to hold the required number of eggs together and keep them from spreading. Butter the dish well and let it get hot in the oven, then break the eggs into it carefully to keep the yolks whole. Sprinkle salt and pepper lightly and evenly over them, and set the dish either in the oven or on the range in a tin containing boiling water, so that the contents can be slowly cooked. This dish will be improved if a teaspoonful of thick cream be poured over the eggs before cooking. For the sake of variety a knob of bloater paste or a small slice of *pâté de foie gras* may be put on each egg.

Eggs, Boiled.—*Time required* : According to age and quality. If there is any doubt about the condition of an egg it should not be boiled for breakfast. What are known as "shop eggs," purchased in winter, are not suitable for the purpose. Eggs that are put into boiling water should be quite covered therewith, or they will not be equally cooked. Also they should be gently cooked, or the shells may crack and the white will be tough. The accepted rule that an egg should boil for three minutes does not answer for all eggs, fresh and stale alike. Eggs that have been laid some days need only three minutes, but quite new-laid eggs need

four minutes. Eggs with very thin shells are less likely to crack in boiling if they are put into cold water and brought to the boiling point. When the water boils they will be lightly cooked; if wanted well done they should be left in the water off the fire for another minute. An excellent way of boiling eggs for breakfast so that they shall be well done and hot, yet not overdone, is the following. Put enough water into a saucepan to cover the eggs freely, and let it fully boil. Lower the eggs gently into it, and place the saucepan without the lid on the hearth or at the back of the stove, or in some place where the water will cease to boil, yet not lose its heat. In ten minutes the heat will have penetrated to the centre of the egg, the white will be "done," yet tender, and the yolk will be thick and delicate. Yet unless the temperature of the water is raised, the egg will not become hard, even though it cannot be served immediately, but has to remain longer in the water.

Eggs, Buttered or Scrambled.—*Ingredients*: Two eggs, an ounce of butter, half a gill of liquid, chopped parsley. *Time required*: About fifteen minutes. Melt a slice of butter in a stewpan, and turn into it two eggs which have been broken into a basin and beaten slightly with half a gill of milk or cream, or half milk and half stock. Keep stirring over a gentle heat for a couple of minutes or so until the eggs begin to thicken, then draw the pan back and continue stirring off the fire till the mixture is very lightly set. Have ready a slice of hot buttered toast, pour the egg mixture upon it, sprinkle a little chopped parsley on the top, and serve at once. The chief point in making buttered eggs (an excellent breakfast dish, making a pleasant variety from boiled eggs) is to see that they are gently cooked, and that they are turned out early. If left on the fire

too long, they will be hard and leathery. Some house-keepers, for the purpose of ensuring gentle cooking, are accustomed to cook the eggs in a double boiler, others turn the eggs into a basin and back again during the process of cooking. In order to make a change, bloater or shrimp paste may be spread thinly on the buttered toast before the eggs are poured over it, or a tablespoonful of finely minced smoked beef or chopped mushrooms or ham which has been made hot by being fried in butter for one minute can be mixed with the eggs. It is safer to cook buttered eggs in a double boiler than in an omelette pan.

Eggs, Buttered, and Fines Herbes.—*Ingredients*: Three eggs, a gill of milk, herbs, butter, pepper and salt. *Time required*: A few minutes. Melt an ounce of butter in a saucepan; whisk three eggs, add to them a dessertspoonful of chopped parsley, a slice of shalot, chopped small if liked, a gill of milk, pepper and salt. Pour the mixture into the saucepan, and stir over a slow fire till the eggs are set, then remove from the fire and whisk a minute or two. Serve in a dish with pieces of fried bread round.

Eggs, Buttered, Curried.—Mince half a small onion till as fine as sand, then stir it over the fire for a couple of minutes till yellow, and mix with it a dessertspoonful of curry powder or paste. Let it cool and add three eggs and half a gill of cream or milk. Proceed as for buttered eggs, serve piled in a hot dish with rice boiled for curry round. (See RICE BOILED FOR CURRY; also EGGS, BUTTERED.)

Eggs, Buttered, with Anchovy.—Mix a little essence of anchovy with the eggs and proceed as for buttered eggs.

Eggs, Buttered, with Pâté de Foie Gras.—Spread a

little *pâté de foie gras* upon buttered toast ; pile buttered eggs on the top, and pour a little good brown gravy around.

Eggs, Buttered, with Tomatoes.—Allow one ripe tomato for each egg. Skin the tomatoes and remove the seeds. Melt a slice of butter in an enamelled pan, when it crackles put in the tomatoes and stir over the fire till tender. Add pepper and salt and the requisite number of eggs beaten without milk, and proceed as for buttered eggs. Tinned tomatoes may with advantage be used for this dish.

Eggs, Buttered, with Vegetables.—Vegetables left from the previous day's dinner may be utilised for breakfast and served with buttered eggs. Mince the vegetables or break them up neatly, season with pepper and salt and make them hot by tossing them over the fire with a little butter. Spread them on buttered toast and pile buttered eggs upon them. (See EGGS, BUTTERED.)

Eggs, Convent (Mrs. Earle).—*Ingredients* : Four eggs, one onion, an ounce of butter, a teaspoonful of flour, half a pint of milk, toast, pepper and salt. *Time required* : Ten minutes to boil the eggs. Boil four eggs for ten minutes ; put them in cold water. Peel and slice thinly one onion. Put into a frying-pan one ounce of butter : when melted add the onion and fry white. Then add a teaspoonful of flour, and mix well. Stir in half a pint of milk till it forms a good white sauce, also half a teaspoonful of salt, and a quarter ditto of pepper. When nicely done add the eggs cut crosswise into six pieces each. Toss them in the sauce, and when hot serve on toast.

Eggs, Curried.—*Ingredients* : Eggs, curry sauce, rice. *Time required* : Ten minutes to boil the eggs, five

minutes to simmer them in the sauce. Boil as many eggs as are required for ten minutes and put them into cold water. Make some curry sauce. Shell the eggs when cold, and simmer them gently either whole or cut into halves or round slices in the sauce until hot through, but do not let them boil, or they will break. Serve on a hot dish with a border of dry rice. (*See* RICE BOILED FOR CURRY.) An easy and excellent way of making the sauce is to take a sixpenny tin of Halford's or Cross and Blackwell's curry sauce, thin it with a gill of stock and use it as directed. One tin would furnish sauce for two dishes of moderate size, but when the tin has once been opened, the sauce should not be left therein. If tinned sauce is not available fry two chopped onions, two bay leaves and a sprig of thyme in butter. Add a dessertspoonful of curry powder, a dessertspoonful of curry paste, a little pepper and salt, and by degrees a gill of stock, a gill of milk and a tablespoonful of cream. Boil and stir till thick and smooth. Let the sauce cool a little and use.

Eggs, Curried (another way).—Prepare the sauce, poach the eggs and pour the sauce over them. Serve with rice.

Eggs, Devilled.—*Ingredients* : Eggs, toast, sauce. *Time required* : About fifteen minutes. Poach six or eight eggs and trim them neatly. Lay each one on a round of toast in a dish, and pour over a sauce made as follows: Put in a small saucepan a slice of butter and half a gill of milk, boil, and add two raw yolks of eggs, pepper and salt. Stir the sauce till it thickens, and add a teaspoonful of chutney.

Eggs, Devilled (another way).—*Ingredients* : Eggs, salad, seasoning, garnish. *Time required* : Ten min-

utes to boil the eggs. Boil as many eggs as are required till hard. Shell, and when cold cut them into halves the short way with a sharp knife. Put the yolks into a bowl, and pound them with a little butter. Add salt and cayenne and a few drops of essence of anchovy. Cut a little piece off the ends of the eggs to make them stand, and fill the hollow space with the prepared yolks, piled high. Put the eggs on a dish, and arrange watercress or small salad or finely shred lettuce or aspic jelly between and around. If approved three or four young radishes may be put with the green stuff.

Eggs, Fried.—*Ingredients* : Eggs, fat, salt and pepper. *Time required* : A minute or two. To be properly fried eggs should be turned into boiling oil or fat. If strained each time the oil can be used again and again. Make the oil hot in the frying-pan. Break the eggs one by one into a cup, and when putting the eggs into the fat turn the cup over, to keep the white from spreading. The egg can be lifted in a minute when it is set. As each egg is done, take it up with a slice and sprinkle salt and pepper evenly over it. Fried eggs are often served with rashers of bacon.

Eggs in Brown Butter.—*Ingredients* : Eggs, seasoning, butter, vinegar. *Time required* : Five minutes. Put an ounce of butter in a frying-pan, and break the requisite number of eggs into it, and cook gently till set. Or the eggs may be poached. Have ready a hot dish and slide the eggs carefully upon it, being careful not to break them. Keep them warm, and into the pan used for cooking them put two ounces of butter. Put it again on the stove for about three minutes till the butter has acquired a good brown colour. Stir in two teaspoonfuls of vinegar, pour the sauce over the eggs and serve.

Eggs in Cases.—*Ingredients* : Eggs, savoury mixture, butter, rounds of fried bread. *Time required* : A few minutes. Small tins or little white china *soufflé* cases should be used for this dish. Butter the cases, and half fill them with a mixture of bread crumbs, chopped ham and chopped parsley. Break an egg into each case and poach gently in a saucepan with water just below the rim. Serve either in the cases or on small circles of fried bread or ham.

Eggs in Gravy.—*Ingredients* : Eggs, gravy, toast. *Time required* : Ten minutes to boil the eggs. Hard-boiled eggs are very good cut into thick slices, and made hot in as much well-seasoned gravy as will cover them. They should be dished on toast. Cooked eggs left from the previous day can be utilised thus. If it is necessary to make a gravy for this purpose, mince finely a small onion and fry it in a tablespoonful of hot fat till yellow. Mix a teaspoonful of flour smoothly with it, and add a gill of stock, a bay leaf, half a blade of mace, pepper and salt. Stir the sauce till it boils, strain it into a clean saucepan, put the sliced eggs into it and serve on toast.

Eggs in Moonshine.—*Ingredients* : Eggs, grated parmesan. *Time required* : Three or four minutes. Choose a dish which will stand the fire and can be sent to table, and not too large. Melt a slice of butter in it, and sprinkle grated parmesan over the bottom. Break the eggs in carefully, not to injure the yolks, and sprinkle grated cheese with pepper and salt on the surface. Bake gently till set.

Eggs in Sunshine, sometimes called Eggs in Purgatory.—*Ingredients* : Eggs, tomato sauce, toast. *Time required* : Three or four minutes with the sauce made beforehand. Take a dish that will stand the fire, and

that is of such a size that the eggs will not spread overmuch. Break the eggs in carefully, and let them cook gently till set. Have ready a eupful of hot tomato sauee. Pour it over the eggs at the last moment and serve hot. If preferred the eggs can be poached, placed on rounds of hot toast and served with the tomato sauce poured over. (*See SAUEE, TOMATO.*)

Eggs on the Dish.—(*See EGGS AU PLAT.*)

Eggs, Poached.—Put into a deep saueepan as much water as will freely eover the eggs, a good spoonful of salt and a little vinegar. Have the eggs at hand, and bring the water to the boil; when, and only when, the water boils, crack the eggs rapidly, handle them carefully not to break the yolks, and drop each one just on the spot where the water bubbles. At first the egg will eool the water a little, but should it begin to boil again draw the pan baek a little and let it remain until the white is set. Have ready some squares or rounds of freshly buttered toast, lift up the eggs with a skimmer, and place one egg on each. Season each egg with a speck of pepper and salt and put a knob of butter on each yolk. Serve immediately. Sometimes small rings are used to keep the eggs in shape.

Eggs Poached à la Maître d'Hôtel.—Poach the eggs as above, and put a spoonful of *maître d'hôtel* butter on each yolk.

Eggs, Poached, and Anchovy.—*Ingredients:* Eggs, anchovy paste or filleted anchovy, buttered toast. *Time required:* A few minutes. Spread a little anchovy or bloater paste thinly on rounds of buttered toast, and put a poached egg on each round. Or lay a poached egg on a round of buttered toast, and put thin strips of filleted anchovy crosswise over the egg.

Eggs, Poached, and Mince.—*Ingredients:* Eggs, mince toast. *Time required:* A few minutes, with the mince, prepared overnight. Spread a layer of minced ham or chicken on a round of toast and place poached eggs on the top.

Eggs, Poached, and Potatoes.—*Ingredients:* A pint of cold boiled new potatoes, six eggs, a gill of cream, lemon-juice, pepper, salt and nutmeg. *Time required:* A quarter of an hour. Take a pint of cold cooked new potatoes. Cut them into slices the round way, and put them in a saucepan with a teaspoonful of lemon-juice, pepper, salt, a little nutmeg and a gill of cream. Cover the saucepan closely, and shake it over the fire for ten minutes. Turn the potatoes carefully on a hot dish not to break the slices, and garnish with poached eggs.

Eggs, Relish of.—To be spread on hot buttered toast. Pound the yolks of hard-boiled eggs to a smooth paste with butter. A piece of butter the size of a hazel nut will be enough for each yolk. Add two or three drops of essence of anchovy as a flavour.

Eggs, Savoury.—*Ingredients:* Four eggs, two table-spoonfuls of chopped ham, ditto of chopped mushrooms, an ounce of butter, a tablespoonful of chopped parsley, seasoning, aspic jelly or salad as garnish. *Time required:* Ten minutes to boil the eggs. Boil the eggs for ten minutes; when cold shell them and cut them into halves the short way. Take out the yolks, and after mixing them with the other ingredients, heat over a gentle fire, stirring well. Fill the whites with the preparation and pile it in a mound, keeping back a little to fix the eggs on the toast. Garnish prettily. This forcemeat is very tasty for sandwiches.

Eggs, Scalloped.—*Ingredients*: Cold boiled potatoes, hard-boiled eggs, a little thick white sauce, pepper and salt, gravy. *Time required*: Ten minutes to boil the eggs, ten minutes to bake the preparation. Sauce can be made and eggs boiled overnight. Butter some scallop shells, and line each one with a layer of smoothly mashed potatoes. Cut the hard-boiled eggs into quarters lengthwise, dip each piece either into melted butter or into a little thick sauce, and arrange neatly on the top. Cover with another layer of potatoes, and rough the surface with a fork. Make hot in the oven and serve with hot gravy.

Eggs, Scrambled.—(See EGGS, BUTTERED.)

Egg Toast.—*Ingredients*: Three slices of toast, an egg, a cupful of milk or cream, salt, sugar and powdered cinnamon. *Time required*: An hour to soak the toast, ten minutes to fry it. Break an egg on a plate, beat it well, add a cupful of milk or cream and a little salt. Soak in this mixture three slices of bread till soft throughout. Take them up carefully with a slice, lay them in a buttered omelette pan, and fry slowly till brightly browned. Place a little butter on the upper side of each slice, turn and brown that side. Spread a little butter, powdered cinnamon and sugar on the slices, put them one on another and serve very hot.

Egg Toast (another way).—*Ingredients*: A round of buttered toast, two eggs, two tablespoonfuls of anchovy sauce. *Time required*: Ten minutes to boil the eggs. Take two eggs boiled hard, shell and chop small. Mix the mince with half a gill of anchovy sauce (hot), and stir over the fire till the preparation is hot through. Pile on buttered toast, and serve.

Egg Toast (another way).—*Ingredients* : Two eggs, an ounce of butter, toast, anchovy essence, chopped capers. *Time required* : Five minutes. Melt an ounce of butter in an omelette pan. When it bubbles stir into it briskly two eggs which have been beaten with six drops of essence of anchovy and half a teaspoonful of chopped capers. In half a minute pour the preparation upon a round of freshly made buttered toast, and serve at once.

Escalopes.—(See SCALLOPS.)

Fancy Breads :—

GENERAL RULES.—The following general condensed information for the making of bread and one or two of the recipes are from a book which was published in America some years ago by the late Mrs. Nitsch. It applies to fancy bread as to plain bread.

To make good bread you need fine, dry, *warm* flour, fresh yeast and dough of the right consistency

It is impossible to give the exact proportions of water and flour for bread on account of the difference in quality of the latter, but as a general rule two pounds of flour to a scant pint and a half of water will make a soft dough.

To each pound of flour allow one scant teaspoonful of salt, and two full ones of sugar if compressed yeast is used. Sugar may be omitted with slow-working yeast.

The chief rules to remember are : To have the dough just as soft as you can handle.

To dry and warm the flour in all but really warm weather.

To dissolve the yeast in water only blood warm.

Water that seems far from scalding will yet be too hot for yeast.

Knead faithfully, using as little flour as possible. The dough can be worked very soft without sticking if you

only just dust your hand for the first few minutes with flour.

Set to rise in a moderately warm place,—about 95°, not hotter,—and keep from draught.

Do not attempt to make bread by any arbitrary rule as to time. The only safe rule is *to let the dough rise till light*. Experience will enable you to judge by touch and sight when the dough is ready for the oven. You may, however, notice the size of each loaf when you set it to rise. It should not be put into the oven until it is double that size. You may also tell by lifting a corner of the dough: if it looks swelled and is very tender to the touch, if it is full of fine little holes like a very fine sponge, it is light enough. If these holes are large and coarse it is too light, and you must knead it down well and let it rise again. But if you do not let it rise to more than double the original bulk, the holes will not be too large.

HOT CROSS BUNS.—Take three pounds of fine flour, mix a pinch of salt with it, and rub in eight ounces of good butter. Turn an ounce of German yeast into a basin and beat it with a little moist sugar till it is liquid. Add a pint and a half of lukewarm water or milk and two well-beaten eggs, and mix all with the flour to make a batter. Sprinkle a little flour over the dough, cover the dough with a cloth, and let it rise before the fire until it is double its original bulk. (*See* GENERAL RULES.) Then knead it well with ten ounces of sugar, half a pound of washed and dried currants and a little nutmeg. Let the dough rise again, divide it into buns, lay these on rows on baking-tins with an inch or two between them, cut them across on the top with a knife, and let them rise before the fire for about ten minutes. Bake in a quick oven.

MUFFINS (recipe for home manufacture).—Put a pound of flour in a four-quart-sized pan and hollow out

the centre. Dissolve half an ounce of yeast and half an ounce of baking powder in a little tepid water, and add more tepid water gradually to make the quantity up to a quart. Thoroughly work the whole well together until incorporated. The batter when finished should be of the consistency of thick cream, somewhat elastic, and perfectly smooth. Cover the pan with a cloth and keep it in a warm temperature to enable it to rise in the pan to about twice its original bulk. It must then be quickly worked for a minute to reduce it to its original bulk, and allowed again to rise. It is then to be baked in the following manner.

Have ready a dozen tin hoops of the size of small saucers, placed on a baking sheet and made quite hot in the oven. Pass a paste brush dipped in oiled butter all round and about the insides of the hoops, and immediately and while quite hot half fill each with the well-risen light batter without stirring it. Push into the oven, sharp heat, and when the muffins are very slightly coloured underneath, turn them over, remove the tin hoops and bake on the other side. The above is M. Francatelli's recipe.

OATMEAL MUFFINS.—Take a cupful of cooked oatmeal (cold oatmeal porridge left over that is thoroughly well boiled and rather dry will do for the purpose), and beat the oatmeal well with a cupful of milk, added gradually. Stir into it a saltspoonful of salt, two tablespoonfuls of sugar, a pint of flour that has been well mixed with two teaspoonfuls of baking powder, and a lightly beaten egg. Add more milk if necessary, a moderately thick batter is required. Last of all stir in a tablespoonful of butter melted. Beat for half a minute, and bake immediately in well-greased pans or muffin rings in a hot oven for half an hour. These muffins are to be eaten hot.

ROLLS.—Take as much bread dough as will fill a pint basin. (Bakers often sell uncooked dough.) Put with it two level teaspoonfuls of sugar, with butter the size of an egg and the yolk of an egg. Warm the butter, sugar and egg together, by stirring them in a cup set in hot water. When thick as cream add them to the bread dough, and with your hand work to a smooth soft mass. This will not seem easy at first, the dough being so much stiffer than the cream, but a few minutes' manipulation will bring it about; when quite smooth, but much softer than the bread dough, set it to rise in a warm, not hot, place, in a two-quart bowl. When very light, "nearly three times its first bulk," knead it down well, and let it rise again till very light, and this time do not knead it, simply push it down with the fingers. It will quickly come up again, push it down once more, and when again light butter the hands, break the dough into pieces about the size of a small egg, and roll well between the buttered palms. Form the rolls and put them as done close together on a greased baking-tin, and let them rise till light. In very cold weather they will take about half an hour. Bake in a hot oven. When they begin to brown, have ready some syrup and warm water, brush them over and put them back in the oven. At this stage handle them very lightly, for if they shrink they will not come up again. If preferred the egg may be omitted in this recipe.

ROLLS MADE WITH BAKING POWDER.—Rub two ounces of butter into a pound of flour, add a small pinch of salt and a heaped teaspoonful of baking powder. Stir in enough milk to make a stiff smooth elastic dough and do not handle this more than is necessary. Divide into small balls as quickly as possible, or roll into a paste about half an inch thick, cut into oval-shaped pieces and

wet one edge and fold the other over it, so as to leave the under side slightly projecting. Bake immediately on a buttered tin in a brisk oven. When half baked brush the top with milk.

SALLY LUNNS.—By adding a tablespoonful of sugar and a little more milk to the ingredients used for tea cakes sally lunn mixture will be produced. For these cakes the dough should be very soft, too soft to handle, though not a batter. Let it rise in the same way, and bake in round upright tins or Charlotte Russe moulds. They should be an inch and a half to two inches high, and four and a half in diameter.

SCONES MADE WITH BAKING POWDER.—Rub two ounces of butter into a pound of flour, and add a small pinch of salt and a heaped teaspoonful of baking powder. Stir in enough milk to make a stiff, smooth, elastic dough, roll this out till about the third of an inch thick, and cut into three-cornered pieces, each one of which measures about four inches. Bake in a quick oven.

SCONES MADE WITH SOUR MILK.—Mix thoroughly a pound and a half of flour, a pinch of salt, a heaped teaspoonful of carbonate of soda, and the same of cream of tartar. Mix to a light paste with a pint of sour milk, knead the dough a little, and make up as in the recipe for scones made with baking powder.

TEA CAKES.—Rub six ounces of butter into two pounds of flour which has been mixed with half a teaspoonful of salt. Beat two eggs well, mix them with a pint of lukewarm milk and a little yeast, either German or ordinary yeast. If German yeast is used rather less than an ounce will be required. Pour the preparation into the flour to make a soft dough, knead well, and let the dough rise to double its original bulk. Knead again and divide into ten

cakes, put these on a baking sheet, prick them with a fork, and let them again rise till very light before the fire. Bake the cakes in a quick oven, and on no account turn them when baking.

TWISTS AND FINE ROLLS.—Make some dough by following the recipe given for Vienna bread. Take three pieces the size of an egg and roll into strips of equal length. Pinch the three ends together, and plait the strips one over another. Place them on a greased baking-tin, let them rise again and bake.

VIENNA BREAD.—Take one pound of Vienna flour, one pound of best biscuit flour and a pinch of salt. Choose a bowl that will hold three times the quantity of flour. Rub in two ounces of butter, dissolve an ounce of 'erman yeast by mixing it with a spoonful of brown sugar and add gradually a pint of lukewarm milk and two well-beaten eggs. Knead well till the dough is smooth and lithe. When risen to double its original bulk make into rolls, horns or twists.

To make crescents or horns, roll the dough into pieces six inches square and a quarter of an inch thick. Each square will make two crescents. Cut the squares across the middle cornerwise, and roll each one lightly from the wide side, by doing which the middle part of the roll will be thicker than the ends, then draw the two ends towards each other to make a sort of horseshoe. Lay these on a floured tin with the point uppermost, and bake in a quick oven.

Fish, Boiled.—All sorts of white fish can be cooked thus, and will be excellent and tasty if served hot. Fillet the fish, cut it into neat pieces, pepper and salt these and lay them in boiling salted water to which two or three drops of lemon-juice have been added. Draw

the pan back and let the fish simmer for a few minutes till done. Lift the fillets with a slice and sprinkle chopped parsley on the top. Pour off three parts of the liquid in which they were boiled, and carefully stir a beaten egg into the rest for sauce. The fish will be improved in flavour if stock made of the fish bones and trimmings be used instead of water.

Fish Cakes.—*Ingredients* : One pound of cooked fish, one pound of dressed potatoes, two eggs, half a gill of milk, pepper and salt. *Time required* : Three or four minutes to fry the cakes after the fat is hot. Both cold fish and cold potatoes can be used for this dish ; there should be equal weights of both. Break the fish free from skin and bone into flakes, and rub the potatoes through a sieve. Mix the two and season rather highly with salt and cayenne, adding two or three drops of essence of anchovy. Put the mixture into a bowl, and make it into a stiff paste with the milk, butter and beaten egg. Flour the hands lightly. Make the paste into cakes about an inch and a half across, and three quarters of an inch thick. Use as little flour as possible in doing this. Up to this point the cakes can be prepared overnight. In the morning brush the cakes with egg, toss them in bread crumbs, and if necessary repeat the process a second time. If the cakes are not perfectly covered they will burst in frying, as they will be in danger of doing also if too much flour is used in shaping them. Fry the cakes in deep fat in a frying basket. They will be done in about three minutes. Serve garnished with fried parsley, and very hot.

Fish, Cold, Creamed. *Ingredients* : Half-pint of flaked fish, sauce, seasoning. *Time required* : About twenty minutes for baking. Preparation overnight. Take the

remains of any sort of cooked white fish. Remove bones and skin and break the flesh into flakes. Season with salt, cayenne, and a few drops of lemon-juice. Pour the sauce over the fish, roll both together to mix thoroughly without breaking the flakes, arrange on a dish that will stand the oven, sprinkle bread crumbs on the top, and bake till lightly browned. To make the sauce melt two tablespoonfuls of butter, mix a tablespoonful of flour smoothly with it and add half a pint of milk, salt and cayenne. Boil for three minutes.

Fish, Cold, Curried.—*Ingredients*: Remnants of cold cooked fish to fill a pint measure, a sixpenny tin of Halford's curry sauce, or home-made curry sauce, rice. *Time*: A few minutes to warm the sauce. The fish may be prepared and the rice boiled overnight. Divide the cold cooked fish into neat pieces and remove the bones. Take a tin of Halford's curry sauce, turn the contents into a saucepan, add a spoonful or two of stock, and make it hot. Put in the fish, and let it get warm through and stir gently until the fish is enveloped in a thick sauce. Serve on a hot dish with rice boiled for curry around. If the tinned sauce is not available melt an ounce of butter in a stewpan and mix smoothly with it a dessertspoonful of curry paste and the same of curry powder, or if this is too hot a dessertspoonful of curry paste and the same of flour may be used. Add also half a pint of stock, stir the sauce till it boils and season with salt and a squeeze of lemon-juice. Remnants of all sorts of meat and mixed vegetables can be curried in this way.

Fish, Cold, "Picked up".—*Ingredients*: One pound of cold dressed white fish, half a pint of white sauce, three cold potatoes sliced, three hard-boiled eggs sliced, a spoonful or two of milk, parsley. *Time required*: Pre-

paration overnight. A few minutes to simmer the fish. Take the remains of cold dressed white fish, free from skin and bone, and either divide into neat pieces or break into flakes. Put as much white sauce as is required (half a pint for a pound) into a saucepan with the fish and add three cold potatoes sliced and three hard-boiled eggs sliced. If too thick add a little milk. Simmer for about five minutes, turn upon a hot dish, and sprinkle chopped parsley on the surface. The addition of a few picked shrimps will convert cold fish rewarmed into a dainty dish.

Fish, Cold, Pie.—*Ingredients* : One pound of cooked fish, six or eight cold potatoes, butter or sauce, seasoning. *Time required* : Half an hour. The remains of cooked fish both fresh and dried, made into potato pie, furnish a cheap and wholesome breakfast dish. Pick the flesh from the bones, remove the skin, season the fish with pepper and salt and moisten it slightly with a little butter or fish sauce. Put a layer of mashed potatoes at the bottom of a pie dish, place the prepared fish on this and cover with another layer of potatoes and bake in a moderate oven till hot through. If more convenient bread crumbs can be employed instead of potatoes.

Fish, Cold, Potted. Lift the flesh of the fish from the bones, remove the skin and all unsightly portions, and pound the flesh till smooth. Put the paste in a jar and set it in a saucepan of boiling water. As soon as it is hot mix with it butter to moisten it, a little essence of anchovy to strengthen the flavour, with pepper and salt if required. When almost cold press the preparation into small pots, and cover with clarified fat. Fish potted thus will keep for some days.

Fish, Cold, Scalloped.—(See SCALLOPED FISH.)

Fish, Filleted.—Fish that has been filleted is excellent for breakfast. To fillet fish make a slit through the flesh from the tail to the head and lift it from the bone on both sides.

Fish, Filleted, with Champignons.—*Ingredients:* One pound of any sort of white fish cooked or uncooked, a dozen champignons, two eggs, half a pint of sauce. *Time required:* A quarter of an hour. Lift the flesh of the fish from the bones in neat pieces and remove the skin. Melt an ounce of butter in a saucepan and mix half an ounce of flour smoothly with it. Add a gill of milk and a gill of water or stock, and stir the sauce till it boils. Put in the champignons and let them simmer for a few minutes, then put in the fish and simmer till hot through. Just before serving take the pan off the fire and stir in the yolks of two eggs lightly beaten. Put the champignons in the centre of a hot dish with the fish round, and the sauce over all.

Fish, Fresh, and also **Dried and Cured** in good condition are excellent for breakfast. Recipes for dealing with the different varieties of fish will be found under their distinctive names. It may be remarked here, however, that when small whole fish, such as codling, perch and haddock, which have been procured the day before are kept for breakfast it is not advisable to lay the fish directly on ice. When this is done the juices of the fish are dissolved by the water which is formed as the ice melts, and the delicate flavour is impaired. A better way of dealing with it is to open and empty it, wash it quickly in cold water and wipe it dry, then pepper it and rub vinegar over it and hang it open by the head in a cool airy place till morning, or if there is danger of its being attacked by flies hang it in a wire safe in a current

of air. Even mackerel, the worst keeping fish that we have, will remain sweet if treated thus excepting in very sultry weather.

Fish, Fried.—Skin and fillet the fish, and divide it into neat pieces convenient for serving. Dip these in egg and bread crumbs: or in flour, egg and flour again; or in batter (*see* FRYING BATTER), and fry in hot fat till brown. (*See* BRAINS FRIED IN BATTER, also SOLE, FILLETS OF, FRIED.)

Fish Roes.—(*See* ROES.)

Fish, Tainted, to Sweeten.—When the fish is but slightly tainted mix a wineglassful of vinegar with two of water, pour it over the fish, and rub the parts affected, leave it untouched for a few minutes, then wash it in two or three waters, cold. If fish is strongly tainted burn it.

Fish Sauces.—(*See* SAUCES.)

Frying Batter.—Used for kromeskies, fish, etc. Put a quarter of a pound of flour, a pinch of salt, three table-spoonfuls of salad oil, and a gill of lukewarm water into a bowl. Mix smoothly and thoroughly. When batter is made without egg, it should be made some hours before it is wanted. It may seem to ferment, but it will be all right.

Game of various sorts is always acceptable when served at breakfast, and it is cooked in the usual way. Recipes, therefore, are not necessary. Special recipes will be found under their distinctive headings.

Game Pie. A well-made game pie is an excellent breakfast dish. It may be made either with one sort of game or with a mixture of game, such as pheasant,

grouse, hare and even rabbit. Pheasant and hare mix together well. Although rabbit, strictly speaking, is not game, what is called game pie is very often made from it. A pie of this sort may either be made with a raised crust, in a pie-dish covered with an ordinary crust, in a deep dish which fits into an outer dish of ornamental ware, or in a dish covered with clarified butter. Two or three recipes are given. (*See also VENISON PASTY.*)

Game Pie Made in a Dish and Covered with Pastry.—Cut the game into neat joints, take out the larger bones, and stew them well with a very little knuckle of veal, an onion, a carrot and a head of celery. Simmer the bones for three or four hours until a strong stock has been obtained that will jelly when cold, skim it occasionally, and free it from grease. Line the bottom of a deep pie-dish with slices of bacon, arrange the joints of the game on the top, moisten with stock, and season them well with pepper, salt and a sprinkling of herbs. If approved, mushrooms and hard-boiled eggs can be interspersed with the other ingredients. Put more slices of bacon on the top, cover with pastry, and stick a bone into the centre ornament. This bone should be removed when the pie is baked, and the gravy can be introduced through the hole by means of a funnel. Bake in a good oven for three hours, and introduce the gravy at the last moment.

Game Pie Served in an Ornamental Dish.—Many epicures are of opinion that a better pie is produced from a mixture of game than from one sort of game only. In any case the game for a pie should be free from taint. Cut the flesh off the bones into neat pieces. Scrape the bones, and pound the fragments with half their bulk of partially cooked bacon. Season this forcemeat with pepper, salt and a pinch of mixed herbs. Stew the

bones for a long time to make a small quantity of strong stock. Put the pieces of game in a dish, filling the cavities with forcemeat. Moisten with stock. Cover the dish with a coarse paste of flour and water, and bake in a steady oven for three hours. Let the pie get cold, remove the crust, place the dish in its ornamental case, pile chopped savoury jelly on the top, and garnish with squares of aspic and parsley.

Game Pie, Economical, Served in Small Game Dishes, and Covered with Clarified Butter.—Take a mixture of game, hare with one or two rabbits, also good aromatic seasoning herbs. Roast the game carefully, basting it well, and take care of the dripping. When cold cut the meat off the bones in neat portions convenient for serving, and scrape the bones. Put these bones into a stockpot with the dripping, cold water to cover them, a small carrot, a large onion and a bunch of celery. Simmer for several hours until the stock is reduced to one fourth, and is strong enough to jelly firmly when cold. Whilst it is stewing skim it every now and again, and free it from grease. Weigh the meat that is to be used, and for every pound take a fourth of the weight of calf's liver, and half as much fat bacon as liver—supposing there to be a half-pound of calf's liver, use a quarter of a pound of bacon. Soak the liver in cold water to get rid of the blood, and chop also the bacon, a small carrot, and a shallot or small onion. Fry all together till the onion is tender and the liver cooked; turn the whole into a mortar and pound to a smooth paste. Add a pinch of mixed aromatic herbs and press the whole through a wire sieve with a wooden spoon. Mix this forcemeat with the pieces of game. Season the stock well with salt and cayenne, and with it moisten the mixture to a moist pulp. Fill some small game pies therewith to the depth of

about four inches, and put these dishes in a hot oven till they begin to simmer; this gets rid of the air bubbles. Take them out, press the meat together as closely as possible and pour clarified butter on each to the depth of a quarter of an inch. Store in a cold place. Game pie thus made will keep for a long time.

Game, Minced, au Gratin.—*Ingredients* : Fragments of dressed game, an ounce of butter, an ounce of flour, a gill of strong stock, a few drops of sherry, two table-spoonfuls of bread crumbs. *Time required* : Preparation beforehand. A quarter of an hour in the morning. Pick the meat from the remains of dressed game and mince it. Stew the bones to make strong stock. Thus far the mince can be prepared overnight. In the morning melt an ounce of butter, mix half an ounce of flour smoothly with it, add a gill of the stock, and stir the gravy till it boils. Put in the minced game with plenty of pepper and salt and a few drops of sherry. Have ready some well-buttered scallop shells covered with a layer of fine crumbs. Pour a small portion of the mince into each, cover with bread crumbs, and make hot in the Dutch oven.

German Sausage is a favourite breakfast relish. It is usually cut into slices and served cold, or it may be prepared as follows. Cut the sausage into thick pieces. Put two slices on a piece of toasted or fried bread, then a little cooked mushroom trimmed neatly, then a small piece of butter. Make hot in the oven, dish, and pour tomato sauce over all. Decorate with hard-boiled egg; glaze.

Glaze.—A small quantity of glaze for immediate use may be made by mixing together dissolved Liebig and dissolved gelatine to make a liquid jelly. The glaze of commerce can be bought in skins by the pound; it looks

like a thick brown sausage. It will keep a long time, and when wanted should be melted by being put in a jar in a saucepan of warm water, as glue is, and brushed while in a liquid state over the meat.

Grouse.—*Time required* : Twenty to thirty minutes. Let the bird hang as long as possible. Pluck it carefully, draw and wipe it, but do not wash it, then truss it like a fowl, and roast or bake it. Baste as much as possible. Serve on toast with fried bread crumbs. (See also PARTRIDGE, GAME.)

Haddock, Baked.—*Ingredients* : Thick fresh haddock (see FISH, FRESH), sauce. *Time required* : About twenty minutes. Wash the fish, empty it, remove the bone, and dry it well. Pepper and salt the inside and lay it open in a well-buttered tin. Pour a tablespoonful of dissolved butter over it, cover it with a buttered paper, and stand the tin which contains it in a larger one half full of hot water. Cook gently for about a quarter of an hour. Serve on a hot dish with anchovy, shrimp or egg sauce as an accompaniment.

Haddock, Boiled.—*Time required* : According to size and thickness. A thick piece will need to simmer six minutes per pound and six minutes over. Put the fish on a strainer and drop it into a pan of boiling salted water. Draw the pan back, and simmer gently till done. If it cooks quickly it will break. Serve with fish sauce.

Haddock, Boiled (Scotch recipe).—*Ingredients* : Haddock, sauce, egg, parsley. *Time required* : About ten minutes to boil the fish. Lift the fillets from a fresh haddock, free from bone and skin, and cut them into strips about an inch wide. Season them with pepper and salt and leave them for a while. Boil the bone, skin, etc., in water to make fish stock, and thicken this with a

little flour. Have a beaten egg and a tablespoonful of chopped parsley put into a tureen. When the thickened sauce is on the point of boiling put the fillets of haddock into it and simmer gently till done. Stir a little of the sauce into the tureen with the egg and parsley, add the fish and serve hot.

Haddock, Cold, Croûtes of.—*Ingredients* : Dressed fish, a little butter, cream or milk, lemon-juice and seasoning. *Time required* : About fifteen minutes. Free the remains of cold dressed haddock, or any white fish, from skin and bone, and flake it. Then put it in a stewpan with a little butter, cream or milk to moisten it, salt, lemon-juice and cayenne to flavour it. Mix all together and warm through. Pile the preparation on pieces of fried bread, and decorate prettily.

Haddock, Dried.—(See DRIED HADDOCK.)

Haddock, Fillets of (Fresh), Baked.—*Ingredients* : Haddock, lemon-juice, seasoning, *maître d'hôtel* butter, toast. *Time required* : About a quarter of an hour. Strips of fresh haddock as in the Scottish recipe for boiled haddock. Lay the fillets on a baking-tin, season with pepper and salt and squeeze lemon-juice over. Cover with oiled paper and bake in a moderate oven for ten minutes or so. Serve the fillets upon toasted bread with a knob of *maître d'hôtel* butter (see MAÎTRE D'HÔTEL BUTTER) or a little essence of anchovy on each. Put in the oven for a minute or two and serve hot.

Haddock, Fillets of, Fried.—*Ingredients* : A fresh haddock, marinade, flour. *Time required* : Preparation overnight. A few minutes for frying. Cleanse and empty the haddock, raise the flesh from the bones in fillets, and divide these into neat pieces about three

inches long. Lay them in a marinade made of two table-spoonfuls of oil, one of vinegar, a teaspoonful of chopped parsley, a slice of onion, and a little pepper and salt. Leave them all night. In the morning take them up, dry them, dip them in flour, and fry in hot fat. Serve on a hot dish.

Haddock, Grilled.—*Ingredients* : A fresh haddock not over large, butter. *Time required* : A haddock of a size that can be grilled whole will take about a quarter of an hour. Empty the fish and remove the bone, pepper and salt the haddock inside, and leave it hanging all night in an airy larder. In the morning brush dissolved butter thickly over it; lay it skin downwards on the gridiron, and cook it over a slow fire.

Halibut may be cooked according to the recipes given for eod.

Ham and Egg Toast.—*Ingredients* : A slice of ham cooked or unecooked, eggs, parsley, seasoning, toast. *Time required* : Preparation overnight. Ten minutes in the morning. Mince finely a slice of ham or the remains of a piece of boiled ham, and put with it a pinch of pepper and a teaspoonful of chopped parsley. Have ready as many neat round pieces of toast as are required and butter them well. Sprinkle on the toast first a little grated parmesan, and then a spoonful of the savoury mince. Lay a poached egg on the top, sprinkle with cheese and ham once more, and serve at once. The cheese and the mince can be prepared overnight, and kept covered in a cool place. If convenient the cheese can be omitted. The remains of boiled ham or tongue are valuable additions to *croquettes*, *rissoles*, and all preparations of the sort. A ham bone greatly improves the flavour of stock.

Ham and Veal, Pressed.—*Ingredients* : From two to three pounds of veal, half as much ham with very little fat, seasoning. *Time required* : Bake about three hours. Take a piece of veal from which the bones have been removed (the breast, the best end of the neck, and a slice from the fillet are all suitable for the purpose). Choose a deep pie-dish of moderate size, and cut the meat into slices the size of the dish, and about an inch thick. Have ready some seasoning made of a dessert-spoonful of salt, half as much white pepper, and a tea-spoonful of powdered mace. Put a wineglassful of stock or water at the bottom of the dish, then fill it with alternate layers of veal, and of uncooked lean ham, let veal form the uppermost and undermost layers, and sprinkle a little seasoning on each slice. Put a small dish upon the meat to press it down, place a saucer containing a heavy weight on the top, and bake the meat while under pressure till tender. Let it remain untouched till cold, when it can be turned out and served.

Ham, Devilled.—Slices of cold boiled ham that are not too much cooked are sometimes grilled and served hot. They should be dipped in dissolved butter or oil until coated all over, have curry powder sprinkled over them, be broiled over a clear fire, and turned frequently. A little devil sauce can be poured under the meat, but should not be allowed to moisten the upper surface.

Ham Omelette.—(See OMELETTE, HAM.)

Ham, Piece of, To Boil.—A small ham is never so excellent as when boiled whole. When more convenient however it can of course be cut in two, or handsome portions may be boiled separately. Follow the directions given for boiling a ham, and allow half an hour per

pound for simmering after the water has reached the boiling point. Cover the fatty surface with fine even raspings, put it in front of the fire for a few minutes that the crumbs may set without becoming much browned.

Ham, Potted.—(See POTTED MEATS.)

Ham, Slices of, Broiled.—Slices of uncooked ham should be soaked in hot water in a covered vessel for half an hour, have the water poured off and be soaked in a second water, then laid in cold water for five minutes, dried and dipped in oil before being broiled. The fire must be clear. Cold boiled ham not too much cooked is better for broiling than uncooked ham. It is unnecessary to soak dressed ham before broiling it.

Ham, Slices of, Fried.—Unless freshly cured and not dry, also carefully cooked, slices of ham fried in a frying-pan will be hard and indigestible. They should be the third of an inch thick, the rind cut off, should be placed in a warm pan in which a small quantity of butter or bacon fat has been made hot, should be fried *gently* and turned *constantly*. If the frying-pan is old and burnt the ham will be spoilt.

It is to be remembered that ham for frying should be nearly half an inch thick. Bacon for frying should be cut as thin as possible.

Ham Toast. (See TOAST, HAM or TONGUE.)

Ham, To Boil.—All hams need to be soaked for a while before being boiled, the length of time being determined by their age and quality. A freshly cured, "green" ham would need to lie in water long enough to free it from dust and salt and no longer; a highly salted, hard and old ham would need to be soaked a day and a night or

even longer, and the water which covered it would have to be changed now and again. The majority of hams would be sufficiently softened if they were to lie in water all night. The drier a ham is, the longer it needs to be soaked.

When taken out of the water a ham should be drained, brushed, and, if necessary, trimmed, any rusty blackened portions being removed. Unless necessary it is best not to cut the surface for fear of letting out the juices of the meat. Put the ham into a saucepan and cover it with cold water, bring it slowly to the boil, carefully remove the scum as it rises, and put with it two onions each one stuck with two cloves, a head of celery, a carrot and a bunch of herbs. As soon as the stock boils, draw the pan back and simmer very gently for the time required according to the quality, thickness and weight. A recently cured ham of moderate size would need to simmer twenty minutes per pound; a large, old, highly salted ham would need to simmer half an hour per pound, and half an hour over. There is always more danger of a ham being overcooked than there is of its being undercooked. If there is fear of mistake a skewer may be pushed into the thickest portion of the flesh. If it comes out clean the ham is done. A ham that is to be eaten cold should have the outer skin removed, then be put back into the water in which it was cooked and left till quite cold. A superior way of finishing a boiled ham is to take it out of the water when three parts cooked, let it go cold, and next day put it into the oven till hot through. A ham that is finished in the oven has a crisp shortness which is generally much approved.

To garnish a ham for the table either sift fine bread raspings over the surface while it is hot, or brush it over with liquid glaze. After glazing it may, if liked, be

further decorated with butter which has been pressed through a forcer, or small shapes of vermicelli can be dropped upon the glaze at intervals. A ruffle of white paper may be put round the knuckle bone. The dish containing the ham may be ornamented with firm aspic jelly cut into shapes.

Ham, To Choose a.—Look out for a ham with a smooth skin, sweet smell and with the flesh adhering firmly to the bone. It is best to probe it with a clean knife or skewer, both at the knuckle and at the centre. If the implement comes out clean and smelling fresh and savoury the ham is good. If the contrary is the case it is bad or inferior.

Hare, Potted.—(See POTTED MEATS.)

Hash of Salted Beef with Eggs.—*Ingredients*: Half a pound of cold salt beef, a pint of mashed potatoes, four eggs, an ounce of butter, half a gill of stock, an onion, parsley. *Time required*: Preparation overnight. A quarter of an hour. Chop finely half a pound of cooked salt beef and mix it with a pint of cold mashed potatoes. Melt an ounce of butter in a saucepan and in it fry a small sliced onion till yellow. Moisten with a gill of stock, put in the hash, stir and cook well over the fire till hot through. Lay the hash on a hot dish, place three poached eggs on the top, and sprinkle chopped parsley over all.

Herrings, Dried.—(See BLOATERS.)

Herrings, Fresh, Boiled.—*Ingredients*: Fresh herrings, sauce-garnish. *Time required*: About eight minutes. Herrings thus cooked are delicate and less rich than when fried or broiled. To prepare them wash, scale and empty the fish overnight (see FISH, FRESH), and skewer

them in a ring with their tails in their mouths. Lower them gently into boiling salted water, draw the pan immediately to the side of the fire, and simmer very softly till done. They will be cooked enough in eight to ten minutes, and should be taken up the instant they are ready, as even a little overboiling will spoil them. Drain and serve on a hot dish, garnish with fennel, parsley or scraped horseradish and send any of the usual fish sauces to table with them.

✓ **Herrings, Fresh, Broiled.**—*Time required*: About a quarter of an hour. Herrings cooked thus furnish an appetising breakfast dish. Cleanse the fish overnight, and either split and bone them or remove the inside through the gills without opening. Put half a cupful of best salad oil into a dish, and draw the herrings through it, leave them for a while, then draw them again through the oil. Put them on a gridiron the bars of which have been greased and heated, and cook over a slow fire, turning them frequently. They will take about a quarter of an hour. The roes may be fried and used as a garnish. (See HERRINGS' ROES.) Serve as soon as ready. The herrings may either have the juice of a lemon squeezed over them, or they may have mustard sauce as an accompaniment.

✓ **Herrings, Fresh, Fried.**—*Time required*: Four or five minutes. Cut the heads, tails and fins from a couple of fresh herrings, empty and scale them and remove the roes and the bone. To accomplish the latter process, take the fish in the left hand and press the bone with the thumb and finger of the right hand to detach it from its position, when it can be readily taken out. Season the fish with salt and pepper and flour them. Put in a frying-pan as much fat as will cover the herrings; when

quite hot lay them in it, and fry till done. Have ready a dish covered with kitchen paper, let the fish drain well on this and serve hot. They will probably be cooked in four or five minutes, but their condition can easily be ascertained from their appearance. Herrings cooked thus in a good depth of hot fat will be less greasy than they would be if cooked in a small portion of fat, because the heat will form a crisp unbroken surface, and keep the fat from penetrating the flesh, while at the same time a roasted appearance and flavour will be developed. If liked, of course, the fish can be egged and breaded, but will be excellent if simply floured. The roes of the herrings after being taken out should be either floured or egged and breaded and fried separately, or baked. (*See HERRINGS' ROES.*) If left inside the fish they will keep the heat from crisping the flesh.

Herrings, Fresh, Pickled or Soused.—*Ingredients* : A dozen herrings, half a pint of vinegar, pepper and salt. *Time required* : Two hours. This is a popular way of preparing fresh herrings. Take a dozen fresh herrings, half soft and half hard roes ; scrape, wash and split in halves, taking out the bone. Rub each half with salt and pepper, roll separately, with the skin outwards, and pack the rolls in a stone jar ; one that has had table salt in it will be about the right size. Pound the soft roes, and put with them half a pint of vinegar, and a gill of water ; throw this sauce over the herrings. Cover the jar closely and bake in a slow oven for about two hours. If the flavour is liked a couple of bay leaves may be laid on the top of the fish.

Herrings, Kipperd.—*Time required* : About ten minutes, but the more slowly the kippers are cooked the better. Scald the kippers in boiling water for a second,

then drain them. Put a slice of butter and a spoonful of water in a frying-pan, lay in the kippers flesh upwards and cook as slowly as possible, basting the flesh well with the broth. When ready pass a little butter over the fish, pepper lightly and serve.

Herrings' Roes.—*Ingredients* : Soft roes of herrings, vinegar, seasoning, buttered toast, lemon-juice. *Time required* : A quarter of an hour. The soft roes of fresh herrings make a tasty dish apart from the fish. Wash the roes well, and simmer till done in vinegar and water with salt, pepper and a bay leaf. Drain them, place each one on a slice of well-buttered toast, and set them in the oven for a minute or two. When very hot, squeeze lemon-juice over them, sprinkle chopped parsley on them, and serve. Or put the roes in a shallow baking-tin, with a little butter, pepper and salt on each, and bake in the oven.

Hot Cross Buns.—(*See FANCY BREADS.*)

Kabobs.—Short silver skewers are wanted for this dish, but if they are not available wooden or metal skewers can be employed, though they should not be more than about four inches long. When silver skewers are used the savoury morsels can be sent to table on the skewer. But if ordinary household skewers are taken, the slices of meat, etc., should be simply slipped upon the dish. Viands of various sorts can be used for kabobs. Small and tender pieces of beef, mutton, veal or poultry, and also remains of dressed meat, seasoned highly and strung on a skewer in alternation with slices of bacon, onion and apple, are excellent prepared thus. The slices should be about a quarter of an inch thick, uniform in shape and size, and about an inch and a half square. They should be daintily seasoned, and left to imbibe the

flavour of the seasoning for a couple of hours, after which they should be strung on a skewer, wrapped in buttered paper, and either baked in the oven, or cooked in front of the fire till done. Curried kabobs are usually stewed in curry sauce, and served with boiled rice round the dish.

Kedgerie of Fish.—To half a pint of fish allow a gill of boiled rice, four hard-boiled eggs, two ounces of butter, salt and cayenne. *Time required* : With rice and eggs boiled overnight—about a quarter of an hour. Take the remains of any sort of cold boiled fish, remove the skin, pick the flesh carefully from the bones, and break it into flakes. Melt the butter in a saucepan, and put in the fish, rice, the whites of the eggs cut small, pepper and salt. Stir all over the fire till the preparation is very hot, then pile it on a hot dish, rub the yolks of the eggs through a wire sieve over the surface, and serve very hot.

Kidney Omelette.—(*See OMELETTE, KIDNEY.*)

Kidneys.—When we speak of kidneys for breakfast, we generally mean sheep's kidneys, or lambs' kidneys. Veal kidneys and pigs' kidneys are also available in their season, and they can be cooked according to the recipes given for sheep's kidneys, regard being given to their size. But they are less delicate than sheep's kidneys. Dainty eaters usually prefer to have the core removed from the kidneys before cooking. Kidneys should always be gently cooked, and they should be perfectly fresh.

Kidneys and Bacon.—*Ingredients* : Two plump kidneys, a quarter of a pound of bacon, flour, seasoning, bacon fat. *Time required* : About fifteen minutes. Trim away the fat from the kidneys and remove the skin and core, then cut them into thin slices the round

way. Mix on a plate a tablespoonful of flour, a salt-spoonful of salt, and half a salt-spoonful of pepper. Dip each slice into the mixture. Melt a little bacon fat or butter in a frying-pan, and put in as many rashers of bacon as there are persons to be served. Fry gently in the usual way. When the bacon is done, take it up, put it on a hot dish which can be sent to table, and lay the slices of kidney in the same fat. Turn them when the gravy rises on the uppermost side; in about three minutes when the gravy again rises they will be sufficiently cooked and may be dished with the bacon. Pour away most of the fat in the pan, and stir into it a little thin flour and water. Stir till it boils, and scrape the bottom of the pan to make the gravy brown. Add a few drops of liquid browning if required, pour the sauce through a strainer over the kidney and serve hot. Fried potatoes, cooked tomatoes, spinach and cooked potatoes warmed may all be served with the kidneys.

Kidneys and Bacon à la Brochette.—*Ingredients* : A plump kidney, about three ounces of bacon, dripping. *Time required* : About a quarter of an hour. Skin and core a kidney, and divide it into rounds a quarter of an inch thick, and take an equal number of rounds of bacon, cooked or uncooked, and rather fat. Put bacon and kidney rather tightly in alternation on a skewer and push them well together. Melt a couple of ounces of clarified dripping or butter in a frying-pan, lay in the skewer, and cook slowly in a Dutch oven, basting the rounds well with the fat. When the meat is cooked on one side turn the skewer. Slip the slices upon a hot dish, and serve hot.

Kidneys and Eggs.—*Ingredients* : Allow two poached eggs for each kidney, two tablespoonfuls of brown sauce. *Time required* : About ten minutes. Skin and core the

requisite number of sheep's kidneys, cut each one in halves lengthwise and broil or stew according to the recipes given. Serve with the poached eggs on a hot dish, and pour the gravy over all.

Kidneys and Fried Bread.—*Ingredients* : Two kidneys, four rounds of fried bread, a gill of gravy, seasoning. *Time required* : About twenty minutes. Skin and core the kidneys, free them from fat, and split them in halves, separating them entirely. Prepare a round of bread for each half of kidney. The rounds should be free from crust, of uniform shape and size, about four inches across, and half an inch thick. Fry these in fat till they are brightly browned; if they can be done in deep fat they will be cooked the more quickly. Keep them hot. Melt a good slice of butter or bacon fat in a frying-pan, season the kidneys with pepper and salt, put them in, and fry them gently for a few minutes. Do not let them be overdone. Dish the pieces of toast in a circle, and put a half kidney on each. Pour a little gravy into the frying-pan, stir and boil for a minute, and pour through a strainer round the kidneys. If there is no gravy, water thickened with a little flour may be used instead.

Kidneys and Mushrooms.—*Ingredients* : Two or three sheep's kidneys, half a pound of mushrooms or two dozen champignons, half a gill of stock, flour, butter, seasoning, parsley. *Time required* : About twenty minutes. Melt an ounce and a half of butter in a stew-pan, throw in the mushrooms, prepared for cooking, and simmer gently for about ten minutes. Add half a gill of stock and the kidneys skinned and cored, and simmer again, but on no account quite boil, for five or seven minutes. Thicken the gravy with a teaspoonful of flour and serve hot.

Kidneys and Mushrooms (another way).—*Ingredients :*

A dozen moderate sized mushrooms, three kidneys, half a pint of stock, flour, seasoning, lemon-juice, half a gill of cream. *Time required :* About twenty minutes. Skin the mushrooms, cut off the stems, rinse them quickly, and dry them between the folds of a cloth. Skin and core the kidneys, and cut them into rounds the short way. Each kidney should furnish about ten slices. Brown the kidneys in a little butter, but do not cook them, then put them with the mushrooms and half a pint of stock into a saucepan, and simmer very gently for about a quarter of an hour. If the gravy boil the kidneys will be hard. Take the kidneys up, thicken the gravy with a little flour, boil it for a minute or two, stirring the while, and season well. Add off the fire a little cream and a squeeze of lemon-juice and serve hot.

Kidneys and Potatoes.—(*See* POTATOES and KIDNEYS.)**Kidneys, Bacon and Liver à la Brochette.**—*Ingred-*

ients : Two kidneys, a quarter of a pound of bacon, two chickens' livers, herbs, seasoning, bread crumbs and butter, fried potatoes if liked. *Time required :* About twenty minutes. Prepare kidneys and bacon as in the recipe (*see* KIDNEYS AND BACON), with two or three chickens' livers also cut into rounds. Mix on a plate a saltspoonful of salt, half a saltspoonful of pepper, and a pinch of chopped herbs. Dip the slices first into melted fat or butter, then into the mixture, and sprinkle browned bread crumbs over all. String the rounds on a skewer, putting each slice of meat between two rounds of bacon, press tightly and cook as in Kidneys and Bacon à la Brochette. Serve with fried potatoes.

Kidneys, Breaded.—*Ingredients :* Kidneys, oil or butter, bread crumbs, toast. *Time required :* About

eight minutes. Skin and core the kidneys, and cut them open very evenly lengthwise, so that they will open like a book, but do not separate the halves. Season them with salt and pepper, dip them in oil or melted butter, and immediately into fine even bread crumbs. Run a small iron or wooden skewer through the halves of the kidneys to keep them flat, threading the skewer twice through each kidney under the white part, put them on a gridiron, the inside downwards, and broil over a moderate fire. Turn when half done. They ought to be slightly undercooked.

Kidneys, Broiled, à la Maître d'Hôtel.—Follow the recipe for Kidneys, Breaded, omitting the bread crumbs. Have ready some *maître d'hôtel* butter (*q.v.*). Put half an ounce in the centre hollow of each kidney and serve immediately.

Kidneys, Broiled, Whole.—*Ingredients*: Kidneys, butter, pepper and salt. *Time required*: Ten to fifteen minutes. Skin the kidneys without cutting them, dip them in warm butter, place them on a gridiron over a gentle fire and turn them every minute. When the gravy begins to run they will be done.

Kidneys, Curried.—*Ingredients*: Three or four kidneys, half a pint of curry sauce. *Time required*: About a quarter of an hour apart from the time needed for making the sauce. Provide the curry sauce. Either Halford's curry sauce can be used (*see* EGGS, CURRIED), or sauce can be made specially overnight. In the latter case skin and mince three large onions and a tomato. Fry them in two ounces of good dripping or butter and add half a pint of stock, mixed smoothly with a tablespoonful of curry paste and the same of flour. Simmer gently for about half an hour, stir in the juice of a large

lemon, and salt if required, and rub the sauce through a sieve. In the morning skin, core and slice the kidneys very thin; fry them in hot butter, turning them when half done, and put them in the sauce. Stir over the fire till hot through, and serve with rice. (*See RICE BOILED FOR CURRY.*)

Kidneys, Devilled.—*Ingredients* : Kidneys, devil mixture, bread crumbs, butter, *maître d'hôtel* butter. *Time required* : About eight minutes. Skin and core the kidneys, and prepare them as directed for Kidneys, Breaded. Broil lightly for one minute on each side. Have ready mixed on a plate one teaspoonful of mustard, two tablespoonfuls of Woreester sauce, a teaspoonful of salt, a teaspoonful of pepper, and a pinch of cayenne. Roll the kidneys in this, then in bread crumbs, and broil for three or four minutes on each side. Serve with *maître d'hôtel* butter poured over all.

Kidney, Stewed.—*Ingredients* : Six plump kidneys, herb mixture, two ounces of butter, the third of a pint of stock, flour, lemon-juice, Harvey's sauce, sippets. *Time required* : About twenty minutes. Skin and core six fine kidneys, slice them rather thinly, and strew over them a large dessertspoonful of minced herbs, of which two thirds should be parsley, and the remainder thyme, with a liberal seasoning of salt, pepper and cayenne. Melt two ounces of butter in a pan, put in the kidneys and brown them on both sides. When nearly done, stir amongst them a dessertspoonful of flour, and shake them well in the pan. Pour in the third of a pint of gravy, the juice of half a lemon, and a little Harvey's sauce. Bring these to the point of boiling and pour them into a dish garnished with fried sippets, or lift out the kidneys first, give the sauce a boil, and pour it on them.

Kidney Toast.—*Ingredients :* Two sheep's kidneys, the yolk of an egg, four rounds of toast, lemon-juice, seasoning. *Time required :* About seven minutes. Skin and core two sheep's kidneys, and cut them into small pieces. Melt one ounce of butter in a stewpan, boil, then add pepper, salt and cayenne. Stir briskly over the fire for about five minutes, or until the pieces look cooked, then take the pan off the fire, drop in the yolk of an egg and mix. Add a few drops of lemon-juice. Spread the preparation on buttered toast and serve hot.

Kromeskies.—*Ingredients :* Cooked meat, fat bacon, frying batter. *Time required :* Preparation overnight, a few minutes in the morning. Kromeskies may be made with the remains of any kind of cooked poultry, game, fish, shell fish, veal or mutton. Whatever the material used the process is the same. Take a small piece of fat bacon, which has been boiled and allowed to become quite cold. Cut very thin slices about three inches long and two inches wide. Cut the cold meat from the bones and discard all skin and sinewy portions. Mince finely and season pleasantly and rather highly. Supposing there is a quarter of a pound of meat, melt an ounce of butter in a stewpan, mix with it an ounce of flour and add a gill of stock. Stir over the fire till smooth and stiff, then add the mince. Turn the preparation on a plate and put it aside. Mix also the frying batter. (See FRYING BATTER.) Thus far the kromeskies can be prepared overnight. In the morning spread a spoonful of the forcemeat upon each slice of bacon, roll to the shape of a cork, dip in the batter, and fry in hot fat. The kromeskies will not be good if the bacon is not cut thin.

Lamb Pie (a Cornish dish). *Ingredients :* A pound and a half of lamb, parsley, pastry, milk, a gill of cream.

Take a pound and a half of the neck, loin or breast of lamb and cut it into squares, bones and all. Line the edges of a pie-dish with pastry and fill it to within an inch of the top with alternate layers of parsley leaves and meat, and let parsley form the uppermost and undermost layers. Season liberally with pepper and salt and cover the meat with milk. Lay a good crust on the top and bake. Serve cold, and pour a gill of cream in last thing. If liked, sliced potatoes can be substituted for the parsley.

Lambs' Sweetbreads.—*Ingredients* : Equal quantities of sweetbread and bacon ; gravy. *Time* : Preparation overnight. Ten to fifteen minutes in the morning. When lamb is in season a dainty breakfast dish may be made of the sweetbreads cooked with bacon. Wash the breads and boil them very gently in flavoured stock till firm. Take them up, dry them, trim them neatly, slice thin, dust them with flour. Thus far preparation can be made overnight. Melt a little bacon fat in a frying-pan, fry some rashers of bacon gently in this, and when clear take the bacon up and fry the sweetbreads in the same fat. A little gravy may be made in the pan if liked.

Liver, Calf's or Chicken's.—(*See CHICKENS' LIVERS.*)

Lobster, Curried.—(*See PRAWNS, CURRIED.*) This dish may be made with tinned lobster of a good brand.

Mackerel is a fish that very quickly becomes tainted, and therefore it is not always available as a breakfast dish, excepting in places where it can be bought early in the morning. If treated as follows, however, mackerel can be kept in good condition all night, that is, if the weather is favourable. Cut off the heads and split the

fish open, wipe them inside, pepper and salt them, then hang them open in a cool airy place till morning.

Mackerel, Baked.—*Ingredients* : A moderate sized mackerel, fish sauce, lemon-juice. *Time required* : About ten minutes. Cleanse the fish, remove the backbone, and divide each side into halves or, if large, into three pieces. Trim these evenly. Lay them in a single layer in a greased baking-tin, season with pepper and salt, squeeze the juice of a lemon over them, and cover them with buttered paper. Bake until they feel tender throughout when pierced with a skewer. Dish them in a circle upon a hot dish, and send a little sauce to table with them. (*See SAUCE FOR FISH.*)

Mackerel, Baked with forcemeat.—*Ingredients* : Two mackerel, savoury mixture. *Time required* : Half an hour. Cleanse two mackerel, cut off their heads, remove the fins and the backbone, and lay them open. Grease a baking-tin, and place one fish in it, skin downwards. Sprinkle over it a savoury mixture, made of one dessert-spoonful of chopped parsley, a shred of onion finely chopped, a pinch of mixed herbs, a tablespoonful of bread crumbs, pepper and salt. Having distributed the mixture evenly on one fish, lay the other fish prepared in the same way on it, skin upwards; pour two ounces of melted dripping over all, cover with an inverted dish, and bake in a moderate oven, basting occasionally, till they can be pierced easily. Serve on a hot dish.

Mackerel, Broiled.—*Ingredients* : A moderate sized fresh mackerel with a soft roe, butter or bacon fat, *maitre d'hôtel* butter. *Time required* : Fully twenty minutes. Empty and open the fish and hang in a cool airy place. In the morning melt a little butter or bacon fat and draw the mackerel through it till coated all over.

Grease the bars of the gridiron, lay the fish on it, and cook over a gentle fire. Be sure that the fish is cooked slowly; if quickly done it will be spoilt. Turn frequently, and baste every now and again. When done, put *maître d'hôtel* butter inside, and serve hot. A double gridiron is the best for this purpose, as frequent turning is necessary, and the flesh of the mackerel is very delicate.

Mackerel, Kippered, are much liked by some people; but they are too often hard and dry. They should be cooked like kippered herrings.

Mackerel, Pickled.—*Ingredients*: Any number of mackerel, vinegar to cover the fish, seasoning. *Time required*: Three hours. Take as much vinegar as will cover the fish to be pickled, and for every gill allow a shallot, a bay leaf, twenty peppercorns, a bouquet and a little salt. Clean and bone the mackerel, remove head and tail, and divide into pieces of a convenient size. Take a stone jar, put in a few pieces, sprinkle salt and a portion of the seasoning upon them, lay in more fish, and repeat until the materials are used. Pour vinegar over all, and cover the jar tightly. Bake in a gentle oven for three hours. If turned every day in the liquor, and kept in a cool place, mackerel thus prepared will keep in good condition five or six days.

Mackerel, Remains of, Pickled.—*Ingredients*: Remnants of cooked mackerel, vinegar, seasoning. A fairly good breakfast dish may be made of remnants of cooked mackerel. Lift the flesh from the bones in neat fillets, put them in a pie dish overnight with a few peppercorns and a bay leaf, and cover with pickle made of one part of vinegar to two parts of broth. In the morning serve with brown bread and butter.

Maître d'Hôtel Butter.—*Ingredients*: Allow a table-spoonful of chopped parsley and a dessertspoonful of lemon-juice to two ounces of butter. Pick parsley leaves from the stems, wash and chop finely. After chopping, wash a second time by putting the herb in the corner of a cloth, dipping it in cold water, and wringing it dry. This second washing will remove the objectionable acrid taste which belongs to uncooked parsley. Put the parsley on a plate with its bulk in fresh butter, a little pepper, salt and a few drops of lemon-juice. Work the ingredients together with the point of a knife till the mixture is smooth and thick like very thick cream, when it is ready. If made before it is wanted, keep it in a cool place. If melted it would turn oily, and be spoilt.

Maître d'Hôtel Sauce.—(See SAUCE, PARSLEY.)

Meat Cakes.—*Ingredients*: Remnants of cold meat, egg, bread crumbs. *Time required*: Preparation overnight. A few minutes for frying. Mince very finely any sort of cold dressed meat or poultry, being careful to discard all portions that are not dainty. Add one fourth of the bulk in fine bread crumbs. Season agreeably to make the preparation tasty, then bind the mixture together with a beaten egg. Form into small balls, flatten by pressing these on the top, egg, bread crumb and fry.

Meat, Curried.—(See EGGS, CURRIED.) Meats must be cut into neat pieces, and simmered gently in the curry sauce.

Meat (Underdressed), Grilled.—*Ingredients*: Fragments of cooked meat, oil, maître d'hôtel butter. *Time required*: About ten minutes. An acceptable dish for breakfast may be made of cold meat underdressed. Cut the meat

into neat and thick slices, brush these with oil, lay on a gridiron over a clear fire and turn often till hot through. Serve on a hot dish, with a knob of *maître d'hôtel* butter (*see* MAÎTRE D'HÔTEL BUTTER) and a squeeze of lemon-juice over them.

Meat, Minced.—*Ingredients* : Fragments of cooked meat, gravy, fried bread, eggs. *Time required* : Preparation overnight. About twenty minutes in the morning. Almost any kind of boiled or roast meat, game or poultry can be converted into an appetising breakfast dish. Cut the meat from the bones, removing skin, gristle and all uninviting portions and mince it finely. Season daintily, and add, if approved, a mere suspicion of onion chopped till it is as fine as sand. Put the preparation into a stew-pan with as much gravy as will moisten it, and let it get hot through. Toast or fry rounds of bread. Lay a heap of the mince on each and serve hot. Mince of this kind may be prepared overnight, and in the morning made hot in a double pan. It will be all the better for having been in the gravy all night. It looks inviting when served in the small white porcelain dishes sold for this and similar purposes, and a poached egg laid on the top is generally approved.

Meats, Potted.—(*See* POTTED MEATS.)

Mock Crab.—*Ingredients* : Fragments of dressed fish, poultry or meat to weigh half a pound, salad dressing, egg. *Time required* : Preparation overnight. Ten minutes in the morning. Take fragments of dressed fish, and break the fish into flakes free from skin and bone, or mince finely. For half a pound of this mince allow a hard-boiled egg, a teaspoonful of salt, a teaspoonful of white sugar, the same of made mustard, a tablespoonful of vinegar, a tablespoonful of salad oil and half a tea-

spoonful of pepper. Rub the yolk of the egg to paste with the oil, add the dry ingredients gradually, and lastly the vinegar. Serve in a erah shell, or wanting this in small cases.

Mock Oysters.—*Ingredients* : Six sardines boned and skinned, six large Jerusalem artichokes boiled and rubbed through a sieve, two tablespoonfuls of cream, one ounce of butter, pepper and salt, bread crumbs. *Time required* : Preparation overnight. Ten minutes in the morning. Prepare the ingredients, mix well, put lightly into small ramequin cases or oyster shells, sprinkle bread crumbs on the top, brown in the oven, and serve hot.

Mock Cutlets.—*Ingredients* : Fragments of dressed meat or poultry, gravy, eggs and bread crumbs. *Time required* : Preparation overnight. A quarter of an hour in the morning. Minee fragments of eoked meat or poultry and season agreeably. Moisten the mince with a spoonful or two of thick sauee or gravy, and add the yolk of a raw egg. Stir the mixture over a slow fire to cook the egg, but do not let it boil. When thiek spread it upon a dish, making it a quarter of an ine h thick, and leave it till cold. Thus far the cutlets ean be prepared overnight. In the morning cut the paste with a sharp knife to the shape of eutlets, egg and bread erumb them and fry till brown.

Muffins.—(See FANCY BREADS.)

Mushrooms, Baked.—*Ingredients* : A pint of mushrooms, an ounce and a half of butter, pepper and salt. *Time required* : Twenty to thirty minutes. Melt the butter in a baking-dish ; put in the mushrooms, peeled and trimmed, stalk upwards, with pepper and salt on each. Cover closely and bake very gently. Serve on toast.

✓ **Mushrooms, Curried.**—*Ingredients*: Mushrooms, curry saucc, rice. *Time required*: Rice boiled overnight about a quarter of an hour. Make as much curry sauce as is required for the mushrooms. (For sauce, *see* EGGS, CURRIED.) Cleanse, peel and trim the mushrooms, simmer gently till tender, and serve with rice round the dish. (*See* RICE BOILED FOR CURRY.)

Mushrooms, Fried.—*Ingredients*: A pint of mushrooms, two ounces of butter, fried bread, seasoning. *Time required*: About a quarter of an hour. Cleanse from grit, peel and trim a pint of fine flap mushrooms, and be sure that they are fresh. Melt a good slice of butter in a large frying-pan or thick saucepan, and when hot put in the mushrooms. Shake the pan to keep them from sticking, and in three or four minutes sprinkle salt, cayenne and a pinch of powdered macc over them and let them cook as gently as possible for ten or twelve minutes until tender. When cooked, pile on a hot dish and garnish with fried bread.

✓ **Mushrooms, Grilled.**—*Ingredients*: Mushrooms, seasoning, butter, oil, toast. *Time required*: According to size and *freshness*. The fresher and finer they are the more quickly they will cook. Take three large mushrooms with black gills. Peel and trim them carefully, sprinkle pepper and salt on them and lay them in salad oil to cover them for about twenty minutes. Drain them, put them on a hot gridiron and broil them first on one side then on the other. When tender put them on a hot dish, lay a knob of butter on each, sprinkle pepper and salt over once more, and add a squeeze of lemon-juice. Serve with buttered toast.

Mushrooms, Potted.—*Ingredients*: Mushrooms, butter. *Time required*: About half an hour. Either flaps or

buttons may be prepared thus, and will furnish an acceptable breakfast relish. Cut away the stems, and without wetting the mushrooms clean them with great nicety with a little flannel dipped in salt. Spread them on a cloth for ten minutes to dry, and stew them in a good thick saucepan. Allow an ounce and a half of butter for each pint of mushrooms. First make the butter very hot, throw in the mushrooms and let them simmer for three or four minutes. Season with salt, cayenne and pounded mace, and stew till tender. Drain well. When quite cold press into small potting jars, pour cool clarified butter over and keep in a cool place. If not to be used immediately they should have first paper then melted mutton fat poured over the tops.

Mushrooms, Stewed (in their own juice).—*Ingredients* : A pint of mushrooms, salt, half a gill of cream or butter and gravy, pepper and salt, toast. *Time required* : Preparation overnight. A quarter of an hour. Cleanse, peel and trim the mushrooms overnight, and put them stalk uppermost in a dish, with a little salt among the gills. In the morning put them into a small saucepan with the juice that has oozed from them, and simmer gently. Add two tablespoonfuls of cream ; if this is not to be had take a knob of butter and a spoonful of gravy. Put a slice of bread an inch and a quarter thick, which has been either fried or toasted and slightly hollowed in the centre, on a hot dish, pour the mushrooms over and serve hot.

Mutton Collops.—*Ingredients* : Underdressed mutton, egg, bread crumbs, seasoning, pepper and salt, creamed potatoes. *Time required* : About ten minutes. Cut the lean of underdressed roast or boiled mutton into thin slices, egg and bread crumb them. Melt a cupful of

dripping in the frying-pan. When hot lay in the slices of meat gently, and cook slowly till brown. When done on one side, turn to the other with a sliee. Serve hot with creamed potatoes. (*See* POTATOES, CREAMED.)

✓ **Mutton Pies.**—*Ingredients* : Underdressed mutton, short pastry, seasoning, gravy. *Time required* : To be made beforehand. Ten minutes to make hot in the morning. Trim away fat, skin and sinew from underdressed mutton, and mince it finely, season well with pepper and salt, and moisten with good gravy ; that found under the dripping from a roasted joint is excellent for the purpose. Line some patty-pans, half fill them with the mince, put a lid of pastry on the top and bake.

Oatmeal Muffins.—(*See* FANCY BREAD.)

Oatmeal Mush.—*Ingredients* : Oatmeal, salt, water. *Time required* : Five hours the day before. Half an hour in the morning. To be eaten with cream, sugar and baked apples, or with treacle and milk. Put half a eupful of coarse oatmeal and a little salt into a porridge pan, or double boiler, and pour on a pint of boiling water. Let it boil for two minutes, then put the upper pan into the lower one (already half filled with boiling water) set the double pan at the side of the stove and cook for five hours. Thus far the mush must be prepared the day before it is wanted. In the morning set the double pan on the fire and stir it until quite hot. Pour out and serve.

Oatmeal Porridge.—(*See* PORRIDGE.)

✓ **Omelettes.**—These very convenient preparations furnish an endless variety of wholesome tasty breakfast dishes. The following hints for making them may be acceptable. One pan should be kept specially for ome-

lettes, and it should not be used for any other purpose. This pan should never be washed or touched with water. After each time of using it should be wiped out with clean white paper, and kept where it will be safe from damp and dust. If through inadvertence it should be employed in ordinary cooking or wetted it must be "doctored" thus. Put a good slice of dripping into the pan, and set it on the fire till the fat froths, moving the pan about meanwhile, so that the fat may flow equally all over. Before it has time to burn pour it off, and rub the greasy inside of the pan vigorously with a knob of white paper. The ideal omelette pan is shallow with sloping sides, and from six to ten inches in diameter. A great authority has said that the best omelettes are made with six eggs. It is wiser to make two omelettes of six eggs rather than one omelette of twelve eggs, because an omelette made with a small number of eggs is more likely to be successful than one made with a large number of eggs. The actual number of eggs used must, however, be determined by the number of persons to be served. Beginners should not attempt to deal with more than four eggs.

The whites and yolks of eggs for omelettes should be thoroughly mixed and rendered light, but should not be overbeaten. Eggs overbeaten make a watery omelette. Moderate though the heating is, it should not take place until the moment before cooking.

Omelettes require a clear fire and a good heat.

The distinguishing name of an omelette is determined either by the flavouring or by some addition that has been made to it. If this addition is of a sort that requires cooking, it must be cooked before being added to the omelette; if it is soft and requires little cooking, it must be finely shred. Sometimes the distinctive ingredient is

mixed with the eggs, sometimes it is introduced into the centre of the omelette. As much butter as will lubricate the inside of the pan thoroughly should be employed, and no more. Not until the butter has melted and is on the point of beginning to turn brown should the eggs be poured in.

To Make a Simple Omelette.—When the pan is buttered all over and quite hot and everything is prepared pour the egg mixture into the pan and let it spread all over. At once begin to scrape it from the sides and bottom, working the butter into it while doing so, and remembering that the aim is to keep the egg from sticking to the pan. Shaking the pan now and again will help to keep the preparation free. In a very short time it will begin to thicken and get lumpy in parts, but keep on scraping it and when it is nearly set all over, but not quite, tilt the handle of the pan and let the mixture fall to the lower end, thus doubling itself over to make a sort of thick cushion. Hold it a few seconds, and as soon as it ceases to run, lower the handle of the pan and let the omelette roll to the opposite side, slip the knife or spoon behind it to prevent its breaking, and keep it as thick as possible. Turn it upon a hot dish and serve instantly. Experts say that an omelette ought to be made and eaten in three minutes.

Omelette aux Fines Herbes.—(*See OMELETTE, SAVOURY.*)

Omelette, Bread.—*Ingredients:* Two tablespoonfuls of bread crumbs, four eggs, an ounce of butter, pepper and salt. *Time required:* Half an hour. Soak the bread crumbs in hot milk, and pour off the milk that is not absorbed. Beat the mixture to a paste, add the yolks of four eggs, and an ounce of butter, and beat over the fire until very hot. Have ready the whites of the eggs,

beaten to a froth, mix them in lightly, fry and serve as an omelette.

Omelette, Chicken.—*Ingredients*: Remnants of chicken, eggs, seasoning. *Time required*: Preparation overnight. Five minutes. Mince and season the chicken meat overnight and put it between two plates in a cool place. In the morning stir the mince into the eggs, before making the omelette.

Omelette, Chickens' Livers.—*Ingredients*: A set of chickens' livers, four eggs, seasoning. *Time required*: Twenty to thirty minutes. Take a set of chickens' livers and cut into small pieces. Melt an ounce of butter in a shallow pan, put with it a piece of shalot or onion the size of a pea chopped finely, a teaspoonful of chopped mushrooms, pepper and salt. Turn the meat over and about to prevent burning, fry it till cooked, pour four eggs over and finish the omelette in the usual way.

Omelette, Creamy.—*Ingredients*: Four eggs, four tablespoonfuls of milk or cream, pepper and salt. *Time required*: Five minutes. Mix the ingredients, and make the omelette in the usual way.

Omelette, Good Wife's (an American recipe).—*Ingredients*: One ounce of cold boiled pork cut in dice, two tablespoonfuls of crust from a fresh loaf cut in dice, an ounce of butter, a cold boiled potato chopped small, six eggs, parsley, chives, onion, pepper and salt. *Time required*: Preparation overnight. Six or eight minutes in the morning. Fry the minced pork and crust of bread in the butter for two minutes. Add the other ingredients, stir well with the eggs and cook as an omelette.

Omelette, Ham.—*Ingredients*: A tablespoonful of lean ham chopped, half an ounce of bacon fat or butter, four

eggs. *Time required* : Ten minutes. Melt the fat and fry the ham in it for about two minutes. Have the eggs ready, throw them over the ham and finish the omelette in the usual way. Sometimes the minced and cooked ham flavoured with mustard is sprinkled over the eggs just before the omelette is rolled over.

Occasionally also a thin slice of cooked ham is laid between the folds of an omelette.

Omelette, Kidney.—*Ingredients* : Two sheep's kidneys, an ounce of butter, shalot and mushrooms, a spoonful of cream and three eggs, pepper and salt. *Time required* : About ten minutes. Skin and core the kidneys and cut into dice or slices. Melt the butter and stew in it a piece of shalot and two or three mushrooms chopped small for seven or eight minutes. Mix the cream with the eggs, make an omelette in the usual way, and put the cooked kidney in the centre. Serve hot.

Omelette, Mock.—*Ingredients* : One egg, a tablespoonful of milk or cream, bacon fat, pepper and salt. *Time required* : About five minutes. Sufficient for one person. Beat the egg lightly and mix the cream or milk with it. Season agreeably and bake in a saucer well greased with butter or bacon fat till lightly set.

Omelette, Savoury or aux Fines Herbes.—*Ingredients* : Four eggs, minced herbs. *Time required* : About ten minutes. Mix four eggs with half a teaspoonful of shalot minced till it is as fine as sand, add an even tablespoonful of chopped parsley, pepper and salt. Proceed in the usual way.

The green tips of cooked asparagus, a slice of cold boiled bacon or salt beef minced and made hot, some green peas boiled, fresh oysters bearded and chopped,

lobster meat, sweetbread, sausages, etc., may all be introduced into omelettes served at breakfast.

Oysters and Bacon.—*Ingredients* : Half a dozen freshly opened oysters, half a dozen small squares of cooked bacon, bread crumbs, sauce. *Time required* : Five or six minutes. Season the oysters and stew them in their own liquor for a couple of minutes. Thread on a skewer, alternating each oyster with a piece of bacon, sprinkle freshly grated bread crumbs over them and broil for a minute and a half on each side. Serve with two tablespoonfuls of parsley sauce poured over, and a bunch of parsley leaves on each side of the dish as a garnish.

Oysters, Broiled.—*Ingredients* : Any number of plump fresh oysters, bread crumbs. *Time required* : Two or three minutes. Drain the oysters on a cloth and make them as dry as possible. Melt a little butter in a plate, and season a cupful of fine dry crumbs with pepper and salt. Take up each oyster on a fork. Dip first into the crumbs, then into the butter and again into the crumbs, arrange them in a double broiler with closely fitting wires, and broil over a quick fire for about two minutes, turning them frequently during the time. They should not be rendered dry and hard, but be plump and juicy.

Oysters, Creamed.—*Ingredients* : Oysters, white sauce, seasoning. *Time required* : Ten minutes to cook the oysters. Open as many oysters as are required, and pour a cup of cold water over them to wash them, drain and dry them on a cloth, spread them on a dish and season with pepper and salt. Make the sauce, and whilst it is still warm roll the seasoned oysters in it; put each one into a scallop shell and bake for ten minutes in a hot oven. If preferred the oysters can be put in a single

layer in a small dish. They will then need to be baked a minute or two longer.

Oysters, Curried.—*Ingredients:* Oysters, bread crumbs, curry sauee, egg. *Time required:* Preparation overnight. A few minutes in the morning. Scald plump, fresh oysters in their own broth, drain dry, flour lightly, egg and bread crumb them twice overnight. In the morning fry in hot fat; pile in the centre of a dish, and pour hot eurry sauce round but not over them. If the oysters are dry, they will turn brown very quickly. If moist, they will be spoilt. (For eurry sauee, *see* EGGS, CURRIED.)

Oysters, Fried.—*Ingredients:* Fresh oysters, salt, pepper and butter, toasted sippets. *Time required:* To be accomplished as quickly as possible. Take the oysters out of the shells, and spread them on a cloth to drain and dry them. Melt a small piece of butter in an omelette pan, drop the oysters in one by one and turn each before putting in the next. Work quickly. When the pan is full shake it a minute, turn the oysters gently into a hot dish and garnish with toasted sippets, or with toasted rashers of bacon. Season with salt, pepper and a little butter and serve very hot. If the butter is not very hot when the oysters are put in the pan, or if the business is not quickly done, the gravy will escape from the oysters and the dish will not be a success.

Oysters, Mock.—(*See* MOCK OYSTERS.)

Oysters, Scalloped.—*Ingredients:* Any number of oysters, bread crumbs, butter, pepper, salt. *Time required:* About fifteen minutes. Seald the oysters in their own liquor and beard them neatly. Butter some scallop shells and cover the inside with a thin layer of fine bread crumbs. Fill them with alternate layers of oysters, bread crumbs and fresh butter in bits, moisten

with the oyster liquor strained and put a thick smooth layer of bread crumbs intermixed with butter on the top. Put into a Dutch oven before a clear fire till the surface is well browned, and serve hot.

Oysters Stewed in Cream.—*Ingredients* : As many good fresh oysters as will fill a pint measure unshelled. A gill of cream ; an ounce of butter ; three-quarters of an ounce of flour ; a blade of mace ; a teaspoonful of lemon-juice ; half a dozen peppercorns. *Time required* : Ten minutes. Open and beard the oysters and scald them in their own liquor. When plump add the cream already thickened with seasoning, and simmer five minutes. Do not let the oysters boil, or they will be hard. Just before taking the pan from the fire add a few drops of lemon-juice. Serve on a hot dish, and garnish with toasted sippets.

Ox Cheek Brawn.—*Ingredients* : The whole or a portion of an ox cheek with (if liked) an ox heel or a couple of pig's feet, seasoning. *Time required* : About four hours to boil the cheek. Wash the cheek well and scald it, then put it into cold salted water to cover it, and boil till the bones can be drawn out easily. Take away the bones, cut the meat into neat portions, season with pepper and salt and put it while hot into a brawn tin (*see* BRAUNS) and turn out when cold. If liked an ox heel or a couple of pig's feet can be stewed with the cheek.

Partridge, Broiled.—*Ingredients* : A young and well-hung partridge, butter, brown sauce. *Time required* : Fifteen to twenty-five minutes. Split the bird down the back, empty it and wipe it inside and out. Season it with salt and cayenne, flatten it and skewer it down, rub a little fresh butter over it and set it in a hanging

grill in front of a clear fire. Baste frequently. Serve hot with a little good brown sauce. Pheasant or chicken can be treated in the same way. (*See* also CHICKEN, GRILLED.)

Patés of various kinds can now be obtained in tins of every grocer. They furnish convenient preparations for breakfast, and may either be served as they are, or cut into thin slices and alternated with slices of cold chicken or cold turkey. Their acceptability depends very much upon their being prettily dished.

Patties, German.—(*See* BREAD PATTIES.)

Pears, Stewed.—People who like fruit for breakfast usually approve highly of stewed pears. The hard “iron” pears are excellent for the purpose. In order to get them a good colour, it is necessary to stew them gently a long time. Many good managers put them in a jar and set them in the oven after the cooking for the day is done, then leave them all night or put them in the cool oven for two nights. Ordinary pears should be stewed very gently and slowly with water to cover them, till tender. Half a pound of sugar and the juice of half an orange or lemon should be allowed for each pint of water. A saltspoonful of ground cinnamon can also be added.

Pheasant.—(*See* PARTRIDGE.)

Pheasant's Legs, Devilled.—*Ingredients* : Pheasant's legs, devil mixture, butter. *Time required* : About a quarter of an hour. The legs must be prepared overnight. With a sharp knife remove the skin, and score the flesh twice crosswise on each side of the bone. Melt two ounces of butter and mix with it a dessertspoonful of salt, a teaspoonful of pepper, a pinch of cayenne and half

a teaspoonful of anchovy essence. Spread this mixture on the legs and get it between the scores as much as possible, cover and leave till morning. About a quarter of an hour before breakfast lay the joints on a gridiron which has been rubbed all over with mutton fat and made hot and put them over a gentle fire. Broil slowly, turning them every minute. When done enough, serve immediately on a very hot dish, with hot plates. If properly cooked, the flesh though crisp and hot will not be at all burnt. A little dissolved butter should be poured over them before they are sent to table, and if wanted very hot they may be peppered once again at the last moment.

Pickled Pork.—(See PIG'S CHEEK and PICKLED PORK.)

Pie, Beef or Mutton, to imitate Venison Pasty.—

Ingredients : Meat, pickle, butter, pastry. *Time required* : For pickling, four or five days ; for baking, four hours. Five pounds of boned meat, the undercut of the rump of beef, or the loin of mutton boned will answer the purpose. Rub two ounces of sugar into the meat, and pour on a glass of port and vinegar mixed. Set the pickling jar in a cool place, and turn every day for four or five days.

Put the bones and trimmings into a stewpan with salt and pepper, barely cover them with water and stew till the gravy is strong. Pour it into the pie after cooking. Drain and dry the meat, cut into small neat pieces, and arrange in a raised crust. (See PIES, BREAKFAST, RAISED PASTRY FOR.) Season with salt and cayenne, press the meat well, and put a layer of butter over the top to moisten it. Bake in a slow oven for four hours. Serve cold.

Pies, for Breakfast.—Meat pies of sorts are usually liked by people accustomed to make hearty breakfasts.

The ingredients may be varied to any extent. Rump steak and kidney with egg, mutton, veal and ham, veal and sausage or ham, lamb and parsley, game, chicken, pigeon with steak and egg, hare, calf's head, venison, duck, goose, giblets, pork, are all suitable for the purpose. Pies baked in a dish may be served either hot or cold; those baked in a raised crust are served cold, and they are usually filled with gravy strong enough to jelly when cold. The flavourings must suit the ingredients, but the method of procedure is the same. One or two specimen recipes are here given (Chicken Pie and Beef Pie to Imitate Venison). Directions for making a raised pie will be found under Pie, Raised. When a meat pie is baked in a dish it is usual to have the crust and the strips that line the edges fully half an inch thick. (*See PIES FOR BREAKFAST, RAISED PASTRY FOR.*)

Pie for Breakfast, Pastry for.—Put half a pound of fine flour on a board with six ounces of good butter, and chop the butter in the flour with a knife. A dexterous cook who has light cool hands may break (not rub) the butter in the flour. Make a well in the centre of the flour, and drop into it half a teaspoonful of lemon-juice, a pinch of salt and the yolk of an egg. The latter may be omitted. Mix the pastry lightly with water: the water should be added gradually and mixed in with the fingers. Keep the board and the hand floured to prevent the pastry sticking to either. The pastry should not be too stiff. Flour the rolling pin, and give the pastry three good rolls; after each roll fold the pastry in halves, and turn the rough edges to the front. If the pastry bladders or cracks as it is rolled it is a sign of excellence. It should be baked in a well-heated but not fierce oven. When the pastry is done, the pie should be put in the top or cooler part to cook the inside.

Pie, Chicken.—*Ingredients :* Fowls, pastry, seasoning. Take one or two fowls according to the size of the dish, skin and cut into joints, and season these with salt, white pepper and nutmeg or pounded mace. Stew the trimmings and giblets in veal stock, or water, with salt, pepper, a blade of mace and a pinch of herbs and two or three strips of bacon rind to make gravy. Arrange a layer of chicken at the bottom of the pie dish, then put in thin slices of ham or bacon, and repeat till the dish is full; then pour in the gravy. If a superior pie is desired put the yolks of two or three hard-boiled eggs and some forcemeat balls in the crevices of the layers. Line the edges of the dish with pastry half an inch thick, wet the strip and put on a cover half an inch thick. Ornament the pie as tastefully as may be and bake in a good oven for an hour and a half or two hours. Keep a little of the gravy to pour into the pie after it is baked. When convenient, a few mushrooms may be chopped small, and strewn over the chicken.

Pie, Lamb.—(See LAMB PIE.)

Pie, Rabbit.—(See RABBIT PIE.)

Pie, Raised. Method of Making.—Pies raised by hand are daintier than pies baked in a mould. When once the business is begun, however, it should be completed quickly, whilst the pastry is hot and consequently workable. On this account it is well to collect all materials and make everything ready at the beginning. All sorts of raised pies may be made according to the following recipe. The quantities given are sufficient for one large or two small pies. Small pies are, however, much more easily manipulated than large ones. Weigh one pound of flour and put it into a bowl. Put a quarter of a pound of lard and half a pint of

water into a saucepan. When boiling hot pour it into the flour and mix with a wooden spoon till it is a firm smooth paste. In a minute or two it will be so hot that it cannot be handled, but as soon as possible it must be taken and shaped, for as it gets cold it becomes unworkable. Take one fourth of the quantity, therefore, and set it on a plate over a saucepan of hot water to keep soft for a while. It is to be used for the lid of the pie. Press the remainder into a round or oval lump, and set it on the table. Press the centre with the knuckles of the right hand to make it hollow. Then put the thumb of the right hand into the hole thus made, keep the fingers of the same hand outside, and with the left hand keep turning the shape round and round, pressing the outer wall meanwhile, until the sides are of equal thickness all round. The object to be aimed at is to get the walls thin and yet whole and even. The beginner will probably find that the pastry has a tendency to bag outwards. It should, however, incline inwards, so that it shall be narrower at the top than at the bottom. If notwithstanding all efforts it will widen out, it will be well to fold it over in one or two places, then press the folds to make them smooth. If any weak, thin places appear, they must be patched as one would patch the fabric of a garment by laying a little piece of pastry over the thin spot on the inside of the pie and making it fit: this is not an easy operation. If before everything is complete the pastry has become so cold and stiff as to be unmanageable, it may be put over hot water for a while to soften it. Pastry thus softened, however, will not be as good as that which is used straight away.

When the pie is shaped it must be filled to within half an inch of the top with the meat moistened and seasoned. The piece set aside for the lid must be rolled to the right

size, stamped to the shape and laid over the meat, the edges being egged and pressed securely to the walls. The trimmings may then be rolled rather thinly and used for decoration, and it is generally understood that a raised pie may be ornamented rather elaborately. It should be brushed over with beaten egg and left to become cool before being baked. A moderate oven will be required for it, and when the gravy boils out it is done. After it has become cold the centre ornament may be lifted, and gravy made of bones and scraps strong enough to jelly when cold may be poured into it through a funnel.

Pigeons, Stewed.—*Ingredients*: Three pigeons, four ounces of lean bacon, butter, flour, pepper, salt and a pint of stock. *Time required*: Three quarters of an hour. This dish may be prepared overnight, and made hot in the morning. Truss three plump young pigeons with their legs inside. Cut a quarter of a pound of lean bacon into small dice. Put these into a stewpan with half an ounce of butter and fry over the fire for a few seconds. Place the pigeons with them breast downwards, and move them around until they are lightly browned all over. Take them up, mix a tablespoonful of flour smoothly with the bacon and butter, and work to a paste. Add gradually a pint of stock, then the pigeons, pepper and salt to taste and a bunch of parsley, and simmer gently three quarters of an hour. Dish the pigeons on toast, pour the sauce over and serve.

Pig's Cheek or Pickled Pork, To Boil.—Put the meat into a saucepan, cover it with cold water, and bring it gently to the boil. Draw the pan back, and simmer gently for about twenty minutes to the pound, for a thin piece of meat, or more if thick. For a pig's cheek, peel the skin off when done, shake bread raspings through a

strainer over it, and leave it near the fire for a few minutes, that the raspings may set without being much browned. These raspings may be made of seraps of bread dried in the oven and pounded fine, or they may be bought at the baker's for a trifle. Pickled pork should be served with the skin on, and without raspings.

Pig's Feet.—*Ingredients:* A set of pig's feet, flavours, bread crumbs. *Time required:* Ten or twelve hours. Wash a set of feet well in boiling water, and scrape off any hairs that may remain. Put them into a saucepan with cold water to cover them, and add an onion stuck with two cloves, a carrot, six peppercorns, a bay leaf and salt. Simmer gently nearly all day, that is till the bones can be drawn out easily; when done enough, split each foot in halves, bone them and let them get cold. Melt a little butter in a plate, pass each half through it, and cover with fine and perfectly dry bread crumbs. Broil over a slow fire until hot through and brightly browned. Serve cold with brown sauce. If quickly boiled the flesh will be hard and leathery; if gently boiled it will be tender and gelatinous. The feet of large pigs are better than those of small ones for this dish.

Pork, Pickled.—(See PIG'S CHEEK OR PICKLED PORK.)

Porridge.—Oatmeal porridge as a breakfast dish furnishes more nourishment for the money than almost any other food. It is most valuable when very thoroughly cooked. Three methods of preparation are here given. The first recipe is recommended.

No. 1. Put six tablespoonfuls of coarsest oatmeal into a double porridge pan with a pinch of salt on the morning of the day before the porridge is wanted. Cover it with cold water and let it stand until after tea: pour on about a pint of boiling water, stir well, and boil at least four or

five hours, stirring occasionally. Last thing stir once more and leave the preparation covered in the pan all night. In the morning let it get hot through and it is ready.

No. 2. Put as much water as is likely to be needed into a saucepan with a little salt and let the water boil. Take a knife (or spurtle) in the right hand, and some Scotch or fine oatmeal in the left hand, and sprinkle the meal in gradually, beating briskly all the time. If any lumps form draw them to the side of the pan and crush them out. When the porridge is sufficiently thick (the degree of thickness must be regulated by individual taste) draw the pan back a little, put on the lid and let the contents simmer gently till wanted. If it can have one hour's simmering all the better, but in thousands of households it is served when it has simmered ten minutes or so. Less oatmeal is needed when it can boil a long time. When done enough, pour into a basin or plate, and serve hot with treacle or sugar and milk or cream.

No. 3. Allow four ounces of oatmeal for a pint of water. Put the meal and a pinch of salt into a bowl, mix it with the water (cold) gradually. When smooth, put it in a pan, bring it to the boil, and boil for at least half an hour, stirring frequently.

Potato Chips.—Peel kidney potatoes into very thin slices the round way, throw them as they are done into cold water, as this helps to make them brown properly, then spread them on a cloth and dry them. Put them in a single layer into a frying-basket and plunge them into a stewpan one third full of fat fully hot. When lightly browned, dry them on kitchen paper and serve. If the fat is not very hot the chips will be greasy.

Potatoes and BLOATER with Toast.—(See TOAST AND POTATOES WITH BLOATER.)

Potatoes and Kidneys with Bacon.—*Ingredients* : Three kidneys, six medium-sized potatoes, six thin rashers of bacon. *Time required* : Preparation overnight, and about twenty minutes in the morning. Take three kidneys, six moderate-sized potatoes, and six thin rashers of bacon. (See POTATOES, FRIED.) Meanwhile make a little fat hot in the frying-pan and cook the slices of bacon in this very gently, turning them frequently till the fat looks clear. Wipe the kidneys, split them in halves lengthwise and core them. Fry them also gently in the bacon fat, and be careful that they are not overcooked. Put the fried potatoes on a dish, and arrange the kidneys and bacon around. This dish is somewhat troublesome to prepare, but it is very good when done.

Potatoes and Salt Pork (an American dish called Potatoes *au Cochon*.)—*Ingredients* : Two ounces of cold boiled salt pork, two large cooked potatoes, a gill of cream, pepper, a dessertspoonful of parmesan. *Time required* : About half an hour. Take a slice of cold boiled salt fat pork and cut it into small pieces. Cut the potatoes into dice, put them into a saucepan, pepper them and add cream to cover them. Now add the salt pork and simmer gently until the ingredients are blended. Pour the preparation into a shallow dish, grate parmesan cheese over it, and add a little butter. Make hot and lightly brown in the oven, and serve. These quantities would be enough for one person.

Potatoes, Creamed.—*Ingredients* : Cold boiled potatoes, a little cream, pepper and salt. *Time required* : About five minutes. Fragments of cooked potatoes may be used for this dish. Cut the potatoes into dice, put them into a shallow pan, season with pepper and salt and moisten with cream. Stir with a wooden spoon till well heated, then serve.

Potatoes, Fried.—Prepare the potatoes overnight by cutting them into square plugs the length and thickness of the little finger; throw them as they are ready into cold water. In the morning dry them on a cloth and fry them in a wire basket in a good depth of fat till they are soft and lightly browned.

Potatoes, Hashed.—*Ingredients* : Half a dozen cold boiled potatoes, an ounce and a half of butter, pepper and salt. *Time required* : About eight minutes. Cold potatoes hashed are usually much approved at breakfast when served as an accompaniment to the meat dishes provided. Cut the potatoes into dice. Melt an ounce and a half of butter or bacon fat in a frying-pan. Put in the potatoes, season with pepper and salt and toss over the fire for two minutes, then slide the potatoes to the lower part of the pan and let them brown, which they will do in about five minutes. Take up the superfluous fat in a spoon, and serve the potatoes in a hot dish.

Potted Meats.—Almost all sorts of cooked meat, poultry, game and fish can be satisfactorily used for potting, provided always that the meat is of good quality and in good condition and is judiciously seasoned. It must be cut through, well minced and thoroughly pounded. It must be mellowed with butter, added when melted, but cold. The quantity of butter needed will depend upon the nature of the meat. Very dry meats such as salt beef and ham will need at least four ounces of butter or fat per pound; for salted meat fresh butter will be better than its own fat, which may be too salt. Soft meats will need three ounces of butter to the pound or rather less.

The seasoning of potted meats is a very important matter. White meats and game are frequently seasoned

with spices, such as nutmeg or mace, as well as with salt and pepper. Dark meats may be improved by the addition of a few drops of essence of anchovy to the ordinary flavours. The essence should be put in very sparingly, there should not be enough to give the suggestion of anchovy, but simply enough to bring out other flavours, and impart that impression of savour which is always welcome in preparations of this kind.

After being minced, pounded and mixed, potted meat should be pressed into small potting pans covered to the depth of an eighth of an inch with cool clarified butter, and kept in a cool dry place. (*See SHRIMPS, POTTED; MUSHROOMS, POTTED.*)

Prawns, Curried.—*Ingredients* : Prawns, curry sauce, rice. *Time required* : An hour if the curry sauce is made specially; long enough to make the prawns hot through if Halford's curry sauce is used. Prawns are in season in April, May, June and July. They are scarce and dear in many places, but in some districts they are plentiful. The prawn has a long smooth sabre projecting from its head, staring eyes fixed at the end of stalks, and fine double claws like a lobster. When caught, prawns should be thrown into plenty of fast boiling salted water, and boiled from seven to ten minutes according to size. If not sufficiently boiled, prawns are unwholesome. They are usually sold already boiled.

Make some good curry sauce. If liked, Captain Halford's tinned curry sauce can be used (*see EGGS, CURRIED*), and then sauce and shelled prawns may be made hot in a double boiler and served on a hot dish upon a bed of rice boiled for curry. (*See RICE BOILED FOR CURRY.*) If the sauce is to be made on purpose put a cupful of stock, half a blade of mace and a gill of cream into a stewpan and thicken it with a teaspoonful of curry powder and

the same of curry paste. When thick and smooth lay in the prawns, add salt if required, and make all hot together. Squeeze a few drops of lemon-juice in and serve with boiled rice. Tinned curried prawns are to be bought. Crabs and shrimps may be curried in the same way.

Prunes, Stewed.—Wash a pound of prunes in lukewarm water, and soak for a quarter of an hour if soft, three or four hours if very dry. Look over carefully and reject all that are not quite sound (cheap prunes are sometimes worm-eaten). Stew very gently in a covered saucepan with a pint and a half of water and four ounces of white sugar for about two hours, or till plump, soft and tender to the stone and yet whole. The time required will depend upon the quality. Just before taking them from the fire put in two tablespoonfuls of lemon-juice. Sometimes the zest of a lemon and two or three inches of stick cinnamon are stewed with the prunes, and a glass of claret is added to the syrup at the last. This method does not recommend itself so well for breakfast as for luncheon or dinner.

Ptarmigan.—*Time required* for roasting, twenty to twenty-five minutes. Ptarmigan or Norwegian grouse are sometimes very abundant and are to be bought at a low rate. They are excellent for breakfast; they need, however, to be judiciously chosen, for if they have been fed on unsuitable food they have an unpleasant taste. They should therefore be bought of a respectable dealer. It is said that inferior birds have a slight odour of turpentine, and that when cooked they taste of turpentine. Ptarmigan can be trussed like fowl, and roasted or baked; or they may be dealt with as game. They are very good served as a *salmi* and cooked as follows: Roast a pair

of ptarmigan and take them up when slightly under-dressed. Let them get cold, then divide them into neat joints. Reserve the breasts, the wings and the legs, break up the remainder and stew for gravy with three quarters of a pint of stock, an onion fried in slices, a clove, a pinch of herbs, pepper and salt. Boil gently for an hour, then strain the gravy and thicken it with flour. Thus far the *salmi* can be made ready overnight. In the morning put the reserved portions into the gravy, let all gently heat together and serve.

Rabbit, Cold, Rewarmed.—*Ingredients*: Cooked rabbit, sauce, bread crumbs. *Time required*: About half an hour. The remains of rabbit which has been boiled and served with onion sauce may be made into a tasty dish for breakfast as follows: Pick the meat from the bone in neat pieces and lay these in a shallow fireproof dish, pour the sauce that is left over them, and sprinkle bread raspings on the top. Bake till hot through. If there is not enough sauce to moisten the meat well, a little stock must be added. The remains of dressed chicken may be prepared in the same way.

Rabbit Pie.—*Ingredients*: A young rabbit, pastry, half a pound of bacon, two onions, pepper and salt. If liked two hard-boiled eggs and forcemeat balls. *Time required*: Two to three hours. Cut a rabbit into ten or twelve pieces, lay these in a pie-dish with the liver and half a pound of bacon cut into thin slices free from rind, two onions, a sprig of thyme and parsley, pepper and salt and enough cold water or stock to moisten but not quite cover the meat. Lay a plate on the top of the dish, and set it in the oven for about an hour or till the meat is three parts cooked. Turn the joints occasionally. When done take the dish out of the oven and let it get cold.

Put some hard-boiled yolk of egg between the pieces of rabbit, and if a few small forcemeat balls are allowed also the pie will be so much tastier. Take the fat off the gravy, and if there is enough to spare pour off some of it, and stew the head, ribs and inferior portions in the liquor a while longer to make the gravy strong. It must be understood, however, that if the rabbit pie is to be a success, there must be plenty of well-seasoned gravy, but that the dish must not be over full. Cover with pastry in the usual way and bake.

Rhubarb Stewed and Served Cold.—Champagne or forced rhubarb is the best for this dish. Wash the stalks and cut them into three-inch lengths. For one pound of fruit make a syrup by boiling a quarter of a pint of water with six ounces of loaf sugar till the syrup is clear. Lay in the rhubarb and simmer very gently till it is soft without having fallen. As the pieces become tender lift them one by one into a glass dish, and when all are done let the syrup boil quickly a few minutes and pour it out to cool. Colour it with a few drops of cochineal and pour it over the fruit. Early in the season the rhubarb need not be peeled, but when it gets old and firm the skin must be removed. Stewed rhubarb served with cream makes an excellent breakfast dish.

Rice Boiled for Curry.—Patna rice is the best for this purpose. Wash the rice well in three waters to take away the raw taste, pick out any discoloured grains there may be, and throw the rice into plenty of fast-boiling water, slightly salted, and let it boil quickly about fifteen minutes or until a grain taken between thumb and finger feels tender. It should on no account be allowed to boil till it forms a pulp; it is an object to keep the grains of rice separate. When done drain in a colander and let

cold water run on it a minute or two to separate the grains. Dry the stewpan inside, put the rice again into it, let it stand on the range with a cloth over it instead of the lid of the pan and shake it occasionally until hot. Pile it round the curry like a wall and serve.

Rissoles and Croquettes.—*Ingredients* : Fragments of meat, fish, etc., seasonings, egg, bread crumbs, pastry. *Time required* : Preparation overnight. A few minutes in the morning. Fragments of meat, poultry, game, fish and shell fish of all varieties can be converted into *croquettes* and *rissoles*, and they can be made ready for frying the day before they are wanted. The method of preparation is simple. Supposing there is meat to weigh half a pound—first, the meat should be cut into slices, and all skin, gristle and portions that are not dainty should be discarded ; if a slice of tongue or ham can be put with the meat so much the better ; mince finely and season rather highly with pepper, salt, a thin slice of shalot very finely minced, and a few drops of essence of anchovy. Melt an ounce of butter in a small saucepan, mix with it one ounce of flour, and beat till smooth. Add gradually two tablespoonfuls of stock, milk or water, put in the mince, and when the ingredients are well blended lift the pan off the fire and stir in the yolk of an egg. Pour the preparation on a dish and let it get cold. *To make Croquettes.*—Flour the hands, take up a spoonful of the mixture and roll it gently into balls or corks. Egg and bread crumb these and lay them aside. Be very sure that the coating of egg and crumbs is perfect. If there is any doubt of this, a second coating may be given. In the morning lay the *croquettes* side by side in a frying basket, plunge into hot fat and fry. When brown, which will be in rather more than a minute if the fat is properly hot, drain on kitchen paper and serve.

To make Rissoles.—Roll out a small quantity of good pastry to the thickness of an eighth of an inch and divide into two parts. Put little balls of the mince upon one half, leaving about two inches distance between each. Moisten the pastry round each ball with water and cover the whole with the unused piece of pastry. Press the edges of the pastry closely together round each ball of meat, stamp them in rounds with a cutter and fry as the *croquettes* are fried. If liked, the *rissoles* can be brushed over with beaten egg and dipped into bread crumbs or crushed vermicelli before being fried.

Roe.—Very excellent relishing dishes for breakfast may be made of the roe of salmon, turbot, cod, haddock, carp, mackerel, herring, red mullet and other fish. The roe of sturgeon is caviare, largely used as a savoury. The roe of the red mullet is botargo. There are two sorts of roe, hard roe or spawn and soft roe or milt. Both are used, but it is probable that nine out of every ten people would prefer hard to soft roe. The latter resembles brains, and may be cooked according to the various recipes given. (*See BRAINS.*) One or two typical recipes for cooking hard roe are here given.

Roe, Dried and Smoked.—*Ingredients* : Smoked roe, toast, seasoning. *Time required* : Two or three minutes to fry the slices. Choose roe that is brown, not pink, and cut it into very thin shavings *slantwise*, not straight down. Make the butter hot, and fry the slices in it till crisp, or soak the roe in stock for a couple of hours. Have ready some slices of fried bread, lay the roe on them, pepper well and squeeze the juice of a lemon on the roe. Anchovy or piquante sauce is sometimes served with cooked roe. Smoked roe may also be cut into thin shavings and used for making sandwiches.

Roe, Hard.—*Ingredients* : A fresh roc, marinade, egg, bread crumbs, saucc, brown bread and butter, sliced lemon. *Time required* : Preparation overnight. Five minutes for frying. Procure the fresh roe the day before it is wanted and boil it in salted water till firm. Let it get cold and then cut it into slices a quarter of an inch thick and lay these in a marinade made of a dessertspoonful of vinegar, a little pepper, salt and mixed spice. Leave until next day and turn the slices once or twice. Drain, dry, egg and bread crumb or dip in frying batter, and fry a good brown. Serve either with piquante sauce (*q.v.*) or with brown bread and butter and sliced lemon.

Roe, Hard, and Bacon.—*Ingredients* : Six slices of roe, six thin rashers of bacon. *Time required* : Preparation overnight. Ten minutes in the morning. Prepare the roc as in Roc, Hard (*q.v.*). Cook rashers of bacon, fry the slices of roe in the bacon fat and put roc and bacon on the same dish.

Roes, Herrings', Soft.—*Ingredients* : Soft roes, hot buttered toast, *maître d'hôtel* butter. *Time required* : Ten minutes. Put the soft roes of herrings in a shallow pan with a little butter, pepper and salt on each and bake in the oven. Have ready slices of hot buttered toast, place the rocs on these and garnish with *maître d'hôtel* butter.

Roes, Herrings', Soft, Stewed.—*Ingredients* : Herrings' roes, white saucc. *Time required* : Preparation overnight. A quarter of an hour in the morning. Parboil the soft roes in salted water mixed with a teaspoonful of vinegar. Drain well. In the morning make the roes hot in good white sauce flavoured with nutmeg and a little lemon-juice.

Salmon and Shrimp Toast.—*Ingredients* : Two slices buttered toast, salmon and shrimp paste (to be bought in small jars of grocers), sauce. Potted salmon (*q.v.*) may also be used. *Time required* : A quarter of an hour. Make two slices of toast, butter well, spread a layer of salmon and shrimp paste on one and put the other slice of buttered toast on top to make a sandwich, then cut into fingers and arrange crosswise. Pour over a sauce made as follows: Stand a gallipot in a stewpan of hot water and put in it a raw egg, two tablespoonfuls of cream, half an ounce of butter, pepper and salt. Mix with a spoon over the fire till the sauce thickens. Serve hot, garnished with plenty of chopped parsley.

Salmon Cutlets.—*Ingredients* : Salmon, butter. *Time required* : Ten to fifteen minutes. Cut the salmon into neat pieces not more than half an inch thick. Pepper and salt them lightly, melt an ounce of butter in a stewpan, lay in the cutlets, cover the pan closely and cook them as slowly as possible till done. Turn when half cooked. Serve very hot, with the butter that is in the pan poured over the fish. An excellent breakfast dish can be made of a small piece of the tail of a salmon, the flesh of which has been lifted from the bone, divided into neat pieces and cooked thus.

Salmon, Kippered or Smoked.—When salmon is not in season, kippered salmon is to be had. Various breakfast dishes can be made of it, and it is to be noted that those who like it at all generally like it very much. It is to be bought by the pound, and will keep for some time if hung in a cool airy place. Slices can then be taken as they are wanted. The Dutch salmon prepared by the Jews is the best, and the most expensive.

Kippered salmon that has undergone the curing pro-

cess for some time and that is hard and dry should be soaked for a while before being used, according to condition. The best kippered salmon is that which has been slightly kippered. Objectionable saltiness may be modified by pouring boiling water over the fish to cover it, draining the slices quickly and drying them on a cloth.

The following recipes have been approved. They can be followed for other kippers than salmon:—

1. Cut the kipper, which has been soaked if necessary, into very thin slices, butter or oil and pepper them and broil over a clear fire. Rub with butter, squeeze over them the juice of a lemon and serve hot.

2. Cut the salmon into strips instead of into slices, wrap each one in oiled paper, and broil, turning occasionally. Take off the paper before dishing.

3. Cut the kipper into strips, lay these in a pan with a good slice of butter and a tablespoonful of boiling water. Simmer very gently, and baste frequently until the fish is hot and the liquor absorbed. Pepper well, put a knob of butter over the fish and serve very hot.

4. Cut into wafer-like slices and serve in the form of sandwiches.

Salmon, Pickled or Soused.—*Ingredients* : The whole or a portion of a salmon, or fragments of cooked fish, pickle. *Time required* : Soak twelve hours before using. Boil a salmon, split it open, and leave it till cold, or take neat pieces from the remains of cold boiled salmon. Put the fish in a deep dish, and cover it with a pickle made of equal quantities of the liquor in which it was cooked and vinegar, boiled together with salt, pepper, one or two bay leaves, and a sprig of lemon thyme and allowed to get cold. Cover the salmon. It will keep good for several days, and if neatly dished will constitute an excellent cold dish for breakfast.

Salmon, Potted.—*Ingredients* : Fragments of dressed salmon, seasoning, butter. Pound cold dressed salmon in a mortar with pepper and salt and dissolved butter to moisten the pulp. Press into small jars, cover with clarified butter. Tinned salmon may be utilised for this dish.

Salmon, Smoked.—(See SALMON, KIPPERED.)

Salmon, Soused.—(See SALMON, PICKLED.)

Salmon, Tinned.—The best brands of tinned salmon may be utilised with advantage for breakfast. Tinned salmon is specially suitable for pickling. Flaked and seasoned agreeably it may be put as a border round fried potatoes.

Sandwiches, Indian.—*Ingredients* : Fragments of cooked meat, white or brown sauce, curry paste. *Time required* : Preparation overnight. Ten minutes in the morning. Prepare overnight a paste made of fragments of cooked game or poultry and an equal quantity of ham or tongue chopped and pounded. Moisten the mince with a spoonful or two of good white or brown sauce and add a teaspoonful of curry paste, or use instead one or two spoonfuls of Halford's curry sauce. In the morning make two slices of thick buttered toast. Whilst they are hot spread the paste between them, and cut the sandwich into fingers. Pile crosswise on a hot dish and serve.

Sandwiches, Savoury, for Breakfast.—*Ingredients* : Two long slices of cooked meat and three of bread, seasoning. *Time required* : About ten minutes. Cut two long slices of cold meat and three of bread about the same shape and size. Season the meat with pepper and salt and a little finely chopped parsley. Lay one

slice of bread between two of meat, and have the other two slices outside. Fasten the sandwich securely in position with short wooden skewers. Fry the sandwich in hot fat till the bread is crisp and brown and serve very hot.

Sardines are much used for breakfast, and it is wise to keep two or three tins of sardines in the house for use in an emergency. Sometimes the fish are served cold in the tin and enclosed in an ornamental box. Sometimes they are lifted from the tin and drained, arranged neatly on a dish, and garnished with chopped capers or chopped parsley; fresh salad oil is then poured over them.

Sardines, Broiled.—*Ingredients*: Half a dozen sardines, seasoning, hot buttered toast, *maitre d'hôtel* butter. *Time required*: Five minutes. Skin half a dozen good-sized sardines, season them with salt and cayenne, and put them in a double broiler. Broil for two minutes on each side over a brisk fire. Have some hot buttered toast ready on a hot dish, lay the sardines on the top, sprinkle some drops of lemon-juice on them, or better still put some *maitre d'hôtel* butter on them and serve at once.

Sardines, Curried.—*Ingredients*: Half a dozen sardines, curry sauce, rice. *Time required*: Sauce prepared and rice boiled overnight. Ten minutes. Skin and bone six or eight firm sardines, season them with salt and cayenne and sprinkle a few drops of lemon-juice over them. Heat them thoroughly in a gill of good curry sauce. (*See SAUCE, CURRY.*) Place the preparation on a hot dish with a border of rice and serve hot. (*See RICE BOILED FOR CURRY.*)

Sardines in Cases.—(*See OYSTERS, Mock.*)

Sardines, Savoury.—*Ingredients*: Half a dozen sardines, a dessertspoonful of Worcester sauce, toast. *Time required*: Five minutes. Skin, bone and trim the sardines, make them hot in the sauce, and serve on toast.

Sardine Toast.—*Ingredients*: Toast, sardines, sauce and eggs. *Time required*: About a quarter of an hour.

1. Toast a slice of bread a third of an inch thick, and divide into fingers. Lay upon each one a sardine that has been boned, skinned and made hot in the oven. Have ready and pour over all a sauce made as follows: Mince a piece of onion the size of a thumb nail as finely as possible and toss over the fire in a little butter till soft and yellow but not brown. Put three well-beaten eggs into a double saucepan, or into a gallipot standing in a saucepan of boiling water. Add a slice of butter, a tablespoonful of cream, the onion, a teaspoonful of anchovy essence, pepper and salt. Stir the ingredients together till the sauce thickens. It must not be put in an ordinary saucepan and allowed to boil.

2. Fry neat rounds of bread in enough hot fat to float them. When bright brown on one side turn to the other. Skin and bone four sardines. Beat to a paste with one ounce of butter and a teaspoonful of essence of anchovy. Mix a teaspoonful of flour to a smooth paste with a dessertspoonful of milk. Stir into half a gill of boiling water and keep stirring over the fire till thick. Add the sardine paste and stir again till hot. Spread the preparation on the rounds of buttered toast, and sprinkle a few drops of essence of anchovy or a few drops of dissolved meat glaze on the top.

3. Skin and bone three sardines and break into flakes. Put them in a saucepan, dredge a teaspoonful of flour over them, and add two raw eggs well beaten, a teaspoonful of Worcester sauce, half an ounce of butter, pepper

and salt. Stir over the fire till thoroughly hot, spread on buttered toast and serve.

Sauce, Anchovy.—(*See SAUCE, MELTED BUTTER.*)

Sauce, Brown Butter.—Put from two to three ounces of fresh butter into an omelette pan, and stir over a quick fire until it is brown without being at all burnt. Skim off the froth, add salt and pepper, and take it from the fire. Mix with it a wineglassful of vinegar which has been already boiled quickly till reduced to a tablespoonful. Serve immediately. If there is not time to reduce the vinegar, two teaspoonfuls of tarragon or Chili vinegar may be used instead.

Sauce, Caper.—Add a teaspoonful of crushed capers, and half a teaspoonful of vinegar to half a pint of sauce—melted butter (*q.v.*).

Sauce, Curry.—Fry two chopped onions and a sour apple, two bay leaves, a sprig of thyme, and a little scraped carrot and celery in two ounces of butter. When soft mix in smoothly one ounce of flour, one ounce of curry paste and a pint of stock or milk. Stir the sauce and boil for a quarter of an hour, then rub through a sieve. Use as required. (For an easy way of making the sauce *see* EGGS, CURRIED.)

Sauce, Dutch (simple).—Add the yolk of an egg, and a teaspoonful of lemon-juice or vinegar to a gill of melted butter. Stir over a slow fire till the sauce is as thick as cream, but do not let it boil.

Sauces, Fish.—1 (A simple sauce for broiled fish). Beat a dessertspoonful of butter to cream, and mix with it a teaspoonful of lemon-juice, a teaspoonful of vinegar, a little salt and cayenne, and if liked a pinch of finely

minced pickled gherkin or chopped parsley. Lay the sauce upon the fish.

2. Melt half an ounce of butter in a stewpan, and mix smoothly with it three quarters of an ounce of flour. Add gradually half a pint of stock. Boil for a minute, then pour in half a gill of cream, salt and pepper and a tablespoonful of finely chopped parsley.

Sauce, Melted Butter.—Melt an ounce of butter in a small saucepan. Draw the pan back and mix in gradually half an ounce of flour. Cook the paste for a minute, beating it all the time with the back of a wooden spoon, then add half a pint of cold water a little at a time and stir the sauce till it boils. Boil for three minutes and serve. A dessertspoonful of essence of anchovy, or a teaspoonful of fennel, washed, dried and chopped small, and a little vinegar added to melted butter will convert it into anchovy or fennel sauce.

Sauce, Mustard.—Add a teaspoonful of mixed mustard to half a pint of sauce—melted butter (*q.v.*).

Sauce, Parsley, or Maître d'Hôtel Sauce.—Wash a few sprigs of parsley and dry well, then chop finely. If chopped while wet the particles will not separate properly. Stir a heaped teaspoonful into half a pint of sauce—melted butter (*q.v.*), add a squeeze of lemon-juice, pepper and salt, and serve. If after being chopped the parsley is put into the corner of a napkin dipped in water and squeezed dry it will be all the better.

Sauce, Piquante.—Simmer a tablespoonful of crushed capers, the same of chopped gherkins, and the same of finely chopped shallot in a gill of vinegar till soft. Stir into half a pint of ordinary brown sauce, boil and serve.

Sauce, Shrimp.—Pick half a pint of shrimps and stew

the heads and shells in stock. With this stock make half a pint of sauce—melted butter (*q.v.*), add a few drops of anchovy and the picked shrimps.

Sauce, Tomato.—Break up four or five tomatoes and put them into a stewpan with an ounce of butter, a good-sized onion sliced, pepper and salt, and enough stock or cold water to cover the tomatoes. Stew gently for about three quarters of an hour, then rub them through a sieve fine enough to keep back the seeds. Make thoroughly hot and serve. This sauce ought to be rather thicker than thick cream. It can be made quite well with tinned tomatoes by simply rubbing them through a sieve and boiling the pulp with a little brown sauce.

Sauce, White.—Melt an ounce of butter in a saucepan, and mix smoothly with it an ounce of flour. Cook well. Pour on half a pint of well-flavoured white stock. Boil till smooth and thick, then add two tablespoonfuls of thick cream.

Sausages.—High-class sausages constitute a very popular breakfast dish. To be satisfactory however they ought either to be made at home, or to be bought of a respectable dealer. They are excellent either fried or baked, and served on toast or curried. Those who object to the skins are advised to try the recipe Sausages, Fried (Superlative).

Sausages and Apples.—*Ingredients*: Six sausages, three large apples, sugar, nutmeg. *Time required*: Preparation overnight. Ten to twenty minutes. Peel and core the apples, and cut them into slices the third of an inch thick. Lay them in a dish, sift white sugar and grated nutmeg over them, cover them with another dish, and let them remain till morning. Melt a little fat

in a stewpan, put in the sausages with the apples between them, and fry gently till both are well cooked. Lift out the apples when soft before they have time to fall.

Sausages, Baked.—*Ingredients* : Six sausages, six pieces of bread, sauce. *Time required* : Preparation overnight. Fifteen minutes. Take the required number of sausages, put them in a baking-tin and separate them from each other by pieces of bread cut the same shape and size. Bake as gently as possible for about three quarters of an hour, and baste them now and again. In the morning make them hot through. Serve with or without brown sauce, and with the bread as a garnish.

Sausages, Curried.—*Ingredients* : Sausages, curry sauce, rice. *Time required* : Preparation overnight. About a quarter of an hour in the morning. Bake the sausages overnight. In the morning prepare some curry sauce. (*See EGGS, CURRIED.*) Make it hot, lay in the sausages which have been cut in halves lengthwise, and let them get hot through. Serve on a hot dish with a border of rice round the dish. (*See RICE BOILED FOR CURRY.*)

Sausages, Fried.—*Ingredients* : Sausages, fat. *Time required* : Ten to twenty minutes. Melt as much butter or dripping in a frying-pan as will just cover the bottom, and no more. If there is too much fat the sausages will burst. As soon as it is melted and before it gets hot put in the sausages. Shake the pan for a minute, and keep turning them, be careful not to break them or prick them in so doing. Fry them over a very slow fire till they are nicely browned on all sides. The secret of frying sausages is to let them get hot very gradually.

Sausages, Fried (Superlative).—*Ingredients :* Sausages, egg, bread crumbs. *Time required :* Preparation overnight. Two or three minutes for frying in the morning. Plunge the sausages into boiling water, and boil gently for ten or twelve minutes, then take off the skin. Thus far the sausages can be prepared overnight, and bread crumbs can also be made ready for use in the morning. A little while before they are to be cooked brush the sausages all over with beaten egg and roll them in bread crumbs to coat them entirely. Lay them in a frying basket, plunge into hot fat, and cook till brown. Serve very hot.

Sausages, German.—(*See GERMAN SAUSAGES.*)

Sausages, Home-made.—*Ingredients :* Equal quantities of pork, veal and fat, seasoning. Take equal quantities of pork, veal, and firm fat, remove all skin, sinew and inferior portions, and chop finely. Mix perfectly and season with pepper, salt, a little grated nutmeg and pounded mace. Form the preparation into cakes rather less than an inch thick, flour and fry till brown. If the mince is pressed into a potting pan and kept in a cool place it will keep good for some days. Good sausage rolls may be made from it.

Sausage Rolls.—*Ingredients :* Sausages, pastry. *Time to bake :* Fifteen to twenty minutes. Boil some sausages for about ten minutes, skin them, cut them in halves, and let them cool. Roll some pastry into four-inch squares. Lay a slice of sausage on one half of each piece of pastry, fold the other half over, moisten the edges, and press them together. Place the rolls on a baking sheet and bake.

Scallops.—*Ingredients :* Scallops, bread crumbs, parsley, seasoning, butter. *Time required :* Preparation

overnight. Ten to twenty minutes in the morning. Take some fresh fish and make them ready for cooking the day before they are wanted. For this open the shells and trim away the beards and the black portions, leaving only the yellow part and the white, which looks something like the flesh of a crab's claw. Rinse the portion that is to be used and drain it. Mince the meat well and mix with it a third of its bulk of finely grated bread crumbs, a little chopped parsley and plenty of pepper and salt. A heaped tablespoonful of chopped parsley will suffice for a dozen scallops. Wash thoroughly and dry the deeper scallop shells and allow one shell for three fish. Butter the inside of the shells thickly, sprinkle a layer of bread crumbs in them, put in the prepared fish, cover it again with bread crumbs and lay small knobs of butter here and there on it. Place the shells in a hot oven or in a Dutch oven before the fire, and let them remain until the preparation is cooked through and brown on the surface. Serve very hot in the shells on a dish covered with a napkin, and garnished with slices of lemon or with parsley. The scallop shells should be taken care of, as they can be used for scalloped fish. Toasted rashers of bacon may suitably accompany this dish.

Scalloped Fish, etc.—Fragments of any kind of cooked food can be scalloped, that is minced, made savoury and made hot in shells with bread crumbs. Metal shells known as "coquilles" are sold for the purpose. Real scallop shells can however be used again and again.

Scones.—(See FANCY BREAD.)

Shrimps, Curried.—(See PRAWNS, CURRIED.)

Shrimps, Potted.—*Ingredients* : One pint of shrimps, one ounce of butter, seasoning. *Time required* : About

ten minutes to make hot. Fresh shrimps may be converted into a tasty and not unwholesome breakfast dish. Brown shrimps are to be preferred. Take a pint of fresh shrimps, shell them and put them into a small saucepan containing one ounce of butter melted with a tiny dust of cayenne and powdered mace and a pinch of salt. Toss over the fire till the shrimps are very hot and well mixed with the butter, turn them into a small jar, press them down and send to breakfast next day. If liked, the shrimps can be covered with clarified butter, but when they are to be used at once this is scarcely necessary.

Shrimps, Scalloped.—*Ingredients* : A pint of shrimps, a cupful of milk, cornflour, seasoning, bread crumbs. *Time required* : About a quarter of an hour. Shell a pint of fresh shrimps. Mix a dessertspoonful of cornflour to a smooth paste with cold water and stir into it a cupful of boiling milk. Stir over the fire for a few minutes till the sauce is thick and smooth, then add the shrimps, some salt and cayenne and half an ounce of butter. Prepare some scallop shells, fill them with the shrimp sauce, cover with bread crumbs and make hot in the oven. (*See SCALLOPED FISH.*)

Shrimp Toast.—(*See SALMON AND SHRIMP TOAST.*)

Smelts, Fried.—*Ingredients* : Required number of smelts, flour, egg, bread crumbs and sauce. *Time required* : For frying, five or six minutes. Cut off the fins with scissors, clean the smelts through the gills and wipe carefully. Roll in flour, then dip in egg and bread crumbs or fine oatmeal, fry in a basket in a good depth of boiling fat till crisp and lightly browned. Serve on a napkin, two and two at right angles, garnish with fried parsley and cut lemon and send anchovy or any suitable fish sauce to table as an accompaniment.

Sole au Gratin.—*Ingredients* : A thick sole, savoury mixture, bread crumbs, stock. *Time required* : About fifteen minutes. Choose a thick sole, skin and trim it, and score the flesh in two or three places. Prepare a savoury seasoning by rubbing a slice of stale bread through a wire sieve and mixing with the crumbs a shallot finely minced, two large or eight small mushrooms, a piece of fat bacon, chopped small, pepper and salt. Butter the inside of a dish which will stand the fire, spread half the seasoning on it and add a few drops of lemon-juice. Lay the sole, the scored side uppermost, on the seasoning, and sprinkle the remainder of the mixture on it with a little more lemon-juice. Put little pieces of butter here and there on the top and pour over last of all a gill of strong stock. Bake in a good oven for ten or fifteen minutes until a knife pushed into the thickest part of the fish will pierce easily to the bone. Serve hot.

Soles (Small), Baked.—*Ingredients* : Three or four slips for a dish, butter, bread crumbs, seasoning. *Time required* : About twenty minutes. Small soles (commonly called slips) furnish an excellent breakfast dish. Scrape the slips but do not skin them, roll them in a soft cloth to dry them, then brush them over on the white side with melted butter, and sprinkle bread crumbs, pepper and salt on the top. Lay them, the breaded side uppermost, in a greased baking tin and bake in a good oven for about twenty minutes.

Sole, Filleted.—Soles, and indeed all flat fish, are excellent for breakfast when filleted, as by this means the bones are got rid of, and early risers often object to have to deal with bones. The fishmonger will fillet the fish if asked to do so, but the business can easily be managed by the cook according to the following method.

Prepare the fish overnight. Wash it and lay it on a board. Cut off with a sharp knife the head, tail and outer fins, cut through the skin near the tail in order to get a hold of it, and draw off the skin from the tail to the head. Make a deep incision down the spinal bone, dexterously slip the knife between the flesh and the bone, and raise the flesh entire, as free from jags as possible. Do this to both sides of the fish alike, thus obtaining four long fillets from each sole. Soles thus filleted may be curried, fried, *sauté* or boiled and served on toast.

Sole, Fillets of, Curried.—*Ingredients* : Fillets of sole, curry sauce, rice. *Time required* : Preparation overnight. Ten minutes in the morning. Cook the soles overnight, and at the same time boil the rice (*see* RICE BOILED FOR CURRY) and prepare the sauce. In the morning heat the rice and the sauce. Put the slices of fish in the sauce and let them get hot through. Serve with a border of rice. In warm weather an acceptable dish may be made of curried sole served cold. Cook the sole and when cold spread curry paste lightly on one side. Pile the rice in the middle of the dish, and lay the slices of cold sole artistically round it, alternating them with slices of raw tomato. Garnish with chopped parsley, or with hard-boiled yolk of egg rubbed through a sieve.

Sole, Fillets of, Fried.—*Ingredients* : Fillets of sole, egg, bread crumbs. *Time required* : Five or six minutes for frying. Prepare the fish (*see* SOLE, FILLETED) and dry the fillets perfectly, then egg and bread crumb them. Unless they are thoroughly dried the crumbs will not adhere. Arrange in a single layer in a frying basket, and immerse in hot fat till brown. If preferred the fillets may be floured lightly, egged and floured again.

Sole, Fillets of, on Toast.—*Ingredients* : Sole, toast,

egg, lemon-juice and seasoning. *Time required* : Ten minutes. Fillet a sole (*see* SOLE, FILLETED) and twist the fillets neatly. Put them into a saucepan with a gill of cold water or stock, a few drops of lemon-juice, pepper and salt. Bring to the boil, draw the pan back, put on the lid and simmer five minutes. Lift the fillets carefully and lay each on a square of toast. Stir the yolk of an egg in the liquid, off the fire, stir and simmer till thick, and pour a little over each fillet.

Soles cooked thus are very good served with brown butter sauce. (*See* SAUCE, BROWN BUTTER.)

Sole, Fillets of, Sauté.—*Ingredients* : Sole, egg, bread crumbs, sauce. *Time required* : Preparation overnight. About five minutes for frying. Fillet a sole (*see* SOLE, FILLETED), and dry the fillets, egg and bread crumb them. Melt a slice of butter in the frying-pan, put in the fillets and cook gently until brown on one side, then turn them till brown on the other. Drain on kitchen paper, and dish like cutlets, with the fillets overlapping each other. Serve with sauce.

Sole, Fried.—*Ingredients* : Sole, egg, bread crumbs. *Time required* : About eight minutes for frying. A sole weighing one pound or rather less should be chosen for frying whole. Very large thick fish are best when filleted. Skin the sole and be sure that it is perfectly dry. Flour it or cover it with egg and bread crumbs, or dip it in batter, then lay it in a frying-pan with plenty of hot fat. Shake the pan gently for about four minutes, then stick a fork into the head of the fish, lift it, turn it over, and let it cook about four minutes longer. Lift it again, drain and serve hot.

Fried sole can be served with or without sauce. Piquante sauce or shrimp sauce, the recipes for which are

given, or any of the sauces to be found under Sauces, Fish, are suitable for the purpose.

Sprats.—Do not buy the fish unless they are quite fresh. If obtained, however, when newly caught they can be kept in a cool place and served at breakfast. They should be cooked a few at a time.

Sprats, Dried.—Pour boiling water over the fish, cover them, let them remain five minutes, then take away the skins, pass them through dissolved butter on a hot dish, pepper lightly and serve at once.

Sprats, Fried.—*Ingredients*: Sprats, flour, cayenne, cut lemon, brown bread and butter. *Time required*: Two or three minutes for one layer. Wash the sprats gently with cold water, lift them out carefully, drain them, lay them between the folds of a cloth, and dry them. Sprinkle a little salt over them, put a cupful of flour into a sheet of paper, throw the sprats into it, and toss them about until coated with flour. Put a single layer of the fish in a wire basket, lower them into a good depth of hot fat, and keep moving the basket till the fish are crisp. A few only should be cooked at once. Put them on paper to free them from grease, and serve with cut lemon, cayenne, and brown bread and butter. Sprats are oily in their nature, but they are less greasy when fried in a good depth of fat than in a small quantity. If, however, sprats for one or two persons only are needed, the fish can be dried, floured, run on skewers, and cooked in the frying-pan.

Sprats, Grilled.—*Ingredients*: Sprats, flour, brown bread and butter, lemon, cayenne. *Time required*: Two or three minutes for each layer. Wash, dry and flour the sprats, lay them between the folds of a double gridiron. Turn once during the cooking and serve hot.

Sprats, Pickled.—*Ingredients*: Sprats, vinegar, seasoning. *Time required*: Two hours. Clean the sprats, put them in a pie dish, cover with a pickle composed of two parts water and one part vinegar, and for each quart of liquid allow a teaspoonful of peppercorns, and two bay leaves. Bake gently for two hours. Serve cold.

Sweetbreads.—*Ingredients*: Sweetbreads, whitesauce, fried bread. *Time required*: Preparation overnight. Put the sweetbreads into salt and water for an hour, then throw them into boiling water, and simmer gently for about twenty minutes. Drain them, pour cold water over them, trim away gristle and skin, cut into small pieces, egg and bread them. Thus far the sweetbread can be prepared overnight. In the morning egg and bread them again, put them in the Dutch oven, and toast till well browned, basting well. Serve with brown gravy. Or if more agreeable, simmer them in a little white sauce till tender. Or having cooked the sweetbreads in good white sauce pile the preparation in the centre of bread patties (*q.v.*).

Sweetbreads, Curried.—*Ingredients*: Sweetbreads, egg, crumbs, curry sauce. *Time required*: Preparation overnight. Ten minutes in the morning. Prepare the breads as in the last recipe. Egg and bread them twice if approved, but take care that the coating gets dry. Fry in hot fat to a rich brown, dish and pour curry sauce round the base. Lambs' sweetbreads are very good when daintily curried.

Tea.—A good old rule known to every one is that the water used for making tea should be boiling.

Unless the kettle boiling be,
Filling the teapot spoils the tea.

Yet it is not sufficient that the water should be actually boiling; it should be used the instant it has reached the

boiling point. Water that has boiled for a while becomes flat and therefore unfit for making tea.

The kettle too that is used for boiling the water should be clean both inside and out. When water is at all hard (and much of the water used in towns is generally more or less so) the kettle quickly becomes furred, therefore the inside of a kettle should be washed out frequently with soda and hot water, and either an "octopus" or an oyster shell which has been well scrubbed should be kept in it, to which the fur may adhere, instead of clinging to the bottom and sides of the vessel.

It is impossible to make good tea of inferior material, therefore the first thing to be done in order to secure excellence is to choose good tea. This is not easy, because teas vary very much in quality. To determine whether tea is genuine or not requires an expert. All that the average purchaser can do is to buy of a respectable dealer, and give a fair price. Cheap tea, recommended because it is cheap, is nearly always inferior tea, and it proves dear in the end, because there is much waste belonging to it. It is largely composed of stalk and dust, and the leaves are not well twisted.

Because the soluble properties of tea are best extracted by soft water, and because in towns water is often somewhat hard, many make a practice of putting a pinch of bicarbonate of soda into the teapot with the tea leaves. Only under very exceptional circumstances is this method to be recommended. Soda draws out the strength of tea, while destroying its flavour, and it favours the extraction of the harmful principle which exists in tea.

The length of time which tea should be allowed to draw varies with the quality of the tea, therefore no rule for general application can be given. Coarse tea yields its strength more quickly than fine tea, and young leaves

need to draw longer than old ones. Tea is never wholesome, however, when allowed to draw longer than necessary, and when it has become strong and bitter with standing it is most injurious.

The following is the method recommended for making it in an ordinary teapot. Half fill the teapot with hot water, let it stand a minute or two till hot then empty it. Put in the requisite quantity of good tea, and pour on gently about half a pint of freshly boiling water. Let it stand two or three minutes with the tea cosy over it, then fill the teapot and pour out the tea.

Good tea may be made in vessels either of silver, granite or earthenware, not of tin. The leaves yield their goodness most freely in metal teapots. An advantage belongs however to the use of china and earthenware, that is, that the teapots can be readily cleaned and easily kept clean. It is impossible to make daintily flavoured tea in a dirty pot, and it should be remembered that the inside of a teapot should be as clean and bright as the outside. After being used the inside of a teapot should invariably be rinsed out with boiling water, then dried thoroughly.

In households where the members of the family come down irregularly, one after another, then want breakfast on the instant, there is sometimes a difficulty in providing tea hot and good for each one. There is now in the market a vessel called the Chandler's patent teapot, which makes everything simple and easy. This teapot is supplied with a case or infuser of wire gauze, which can be lowered or raised at will, being attached to a chain passing through the knob of the lid. The leaves are put into this infuser, the teapot, previously heated, is filled with fresh boiling water and the infuser is lowered into it. Having stood the requisite length of

time it is raised quite clear of the liquid, and there fixed by means of a slit in the knob at the top. If now a cosy is put over the teapot the infusion will remain hot for an hour or two, without any change taking place in the character of the liquid. Thus the poisonous tannin found in tea that is overdrawn is entirely avoided, while the quality of the tea is retained. This idea was recommended by the late Sir Andrew Clark many years ago. When the leaves are left in the liquid the use of a cosy is obviously to be deprecated. It simply helps to keep the tea hot, while it becomes dark, strong and poisonous. But when the leaves are no longer in contact with the liquid, the cosy maintains the heat, while the tea preserves its original strength and flavour.

In cases where delay is unavoidable and where the Chandler's patent infuser is not available, it is a good plan to use two teapots for making tea—draw it in one, then pour it off into the other (made hot to receive it) and keep it hot under a cosy. By this simple means also tea can be kept hot for a long time without detriment. No reasonable objection can be made to the employment of a cosy used thus.

Tea Cakes.—(*See FANCY BREAD.*)

Toast.—Bread used for toast should be not less and not more than two days old, and it should be about the third of an inch thick, so that it can be made crisp throughout. When it is so thick that raw bread remains between the toasted sides, the raw piece is less digestible than the bread from which it was made. To make toast put the bread on the fork and hold it at a little distance in front of a clear bright fire. When it is hot and dry on the surface, without having taken any colour, turn it, and bring the other side to the same

condition. Now turn it again and let it slowly become richly brown on both sides all over, without being in the least black. Serve it at once. The art of making toast well consists in drying it slowly, browning it equally without burning it, and serving it as soon as done.

If toast is to be buttered, the butter should be spread lightly with the edge of a knife. To press butter into toast makes it heavy and spoils it. Dry toast is very easy of digestion.

Toast, Anchovy.—(*See* ANCHOVY TOAST, ANCHOVY AND EGG TOAST, ANCHOVY BUTTER TOAST AND BUTTERED EGGS.)

Toast and Eggs with Bloater.—*Ingredients* : Eggs, bloater, toast. *Time required* : Ten minutes. Split open down the back a bloater that is not too dry, pour boiling water over and soak for five minutes, then dry in a cloth. Lift the flesh from the bones and make the fillets hot in the oven or on the gridiron. Lay the prepared bloater upon a slice of toast, pour buttered eggs over them, and serve hot.

Toast and Potatoes with Bloater.—*Ingredients* : Bloater, toast, potatoes. *Time required* : Ten minutes (apart from the mashed potatoes). Prepare the toast and the bloater as in the last recipe ; lay the fillets of fish on the toast and cover with mashed potatoes.

Toast, Bombay.—*Ingredients* : Two eggs, toast, butter, essence of anchovy, capers. *Time required* : Ten minutes. Prepare slices of buttered toast cut into rounds or fingers. Melt a little butter in an omelette pan. As it dissolves stir into it two beaten eggs, half a teaspoonful of essence of anchovy and half a teaspoonful of chopped capers and pepper. Spread the mixture on the toast and serve hot.

Toast, Devilled.—*Ingredients* : Toast, butter, mustard and Worcester sauce. *Time required* : About ten minutes. Cut the crust from a slice of toasted bread. Beat a teaspoonful of butter to cream, mix with it a teaspoonful of mustard and a teaspoonful of Worcester sauce. Spread on toast and serve.

Toast, Egg.—(*See* EGG TOAST.)

Toast, Ham and Egg.—(*See* HAM AND EGG TOAST.)

Toast, Kidney.—(*See* KIDNEY TOAST.)

Toast, Salmon and Shrimp.—(*See* SALMON AND SHRIMP TOAST.)

Toast, Sardine.—(*See* SARDINE TOAST.)

Toast, Tomato.—*Ingredients* : Two eggs, two tomatoes, two ounces of ham, onion, buttered toast. *Time required* : About a quarter of an hour. Skin and chop two small tomatoes. Mince a piece of onion about the size of a thumb nail, also two ounces of ham. Put an ounce of butter in a small stewpan, add the mince and cook ten minutes. Remove the pan from the fire and add two well-beaten eggs and stir over the fire till thick, but not at all hard. Cut a large slice of hot buttered toast into neat squares, spread the mixture on these and serve hot.

Toast, Tomato, Savoury.—*Ingredients* : Half a dozen tomatoes, two eggs, toast, butter, ham, onion, parsley, bread crumbs, grated parmesan. *Time required* : About twenty minutes. Skin six ripe tomatoes and remove the seeds. Melt an ounce of butter in a stewpan, put in the tomatoes and crush them as they cook. When smooth, add a teaspoonful of finely chopped onion, a slice of cooked ham finely minced, a

dessertspoonful of chopped parsley, a tablespoonful of bread crumbs, an ounce of grated parmesan, pepper, salt and cayenne. Stir well over the fire, cool a minute, add gently two eggs and stir again for a minute till the eggs are set. Place the preparation on hot toast, sprinkle grated parmesan and chopped parsley on the top and serve.

Toast, Tongue.—(See TONGUE TOAST.)

Tomatoes and Buttered Eggs.—(See EGGS, BUTTERED, WITH TOMATOES.)

Tomato Salad.—An excellent and wholesome breakfast relish. *Ingredients* : Ripe tomatoes, oil, vinegar, pepper, salt, a little onion. *Time required* : A couple of minutes. Cut any number of ripe tomatoes into slices of an inch thick. Lay these in a dish, and a few minutes before breakfast sprinkle them liberally with salt and lightly with pepper and baste well with a dressing of two parts of oil and one of vinegar. The flavour of tomato salad will be much improved if a small piece of onion be finely minced and sprinkled over the salad before mixing. People who like onions might wish to have a small proportion of onion rings mixed with the salad, but as a rule a mere suggestion of the flavour of onion will be preferred.

Tomatoes, Stewed.—*Ingredients* : Tomatoes, butter, pepper, salt, sugar. *Time required* : About half an hour. Scald half a dozen ripe tomatoes, skin and slice them. Put them into a saucepan with two ounces of butter, pepper and salt. Simmer gently for about twenty minutes and stir well. When almost cooked add half a teaspoonful of powdered white sugar. Serve in a deep dish. Thin rashers of bacon may be served with the tomatoes.

Tomato Toast.—(*See TOAST, TOMATO.*)

Tongue, Calf's and Sheep's.—When ox tongues are too large for the requirements of the household, calf's tongue or sheep's tongue may be bought in tins.

Tongue, Pickled and Boiled.—*Ingredients* : A fresh tongue, salt mixture. *Time required* : Three weeks for pickling, four hours for boiling. Trim away the unsightly parts of the root of the tongue. If the tongue is to be rolled, leave the fat on; if not, take it off. Rub the tongue well in every part with salt, in twelve hours wipe it and rub with a salt mixture composed of one pound of salt, one ounce of saltpetre and two ounces of brown sugar. (The ingredients used for the pickle should be thoroughly dried and well mixed.) Place the tongue in a deep jar or pickling pan and turn and rub it every day. If not to be boiled immediately hang it in a cool airy place to dry, and when dry soak it before cooking it. If it is to be boiled at once put it in a large pan, cover with cold water and boil gently. When the skin will come off easily it is ready. It may be fixed firmly on a board with a skewer in the narrow end and a fork at the broad end, till firm. Or it may be rolled lightly, beginning at the tip, and put into a mould whilst hot, with a weight on the top. In either case it can be glazed. (*See GLAZE.*)

Tongue, Potted.—Fragments of tongue potted constitute a delicate and appetising relish for breakfast. (*See POTTED MEATS.*)

Tongue, Tinned.—Tongues for breakfast are sold in tins ready cooked and they need only to be turned out, to have a *serviette* or a frill pinned round them and to be garnished with parsley. They are excellent.

Tongue Toast.—*Ingredients* : Fag end of a tongue, seasoning, gravy, egg, toast. The fag end of a tongue may be utilised for breakfast as follows : Pass the tongue through the mincing machine, season it with pepper and mix a piece of onion the size of a thumb nail well chopped with it. Moisten it with a little gravy. Stir over the fire till hot through, pile on buttered toast and lay a poached egg on the top and serve quite hot. The fag end of a ham may be used in the same way. (*See also EGGS, SAVOURY.*)

Tunny is a fish the flesh of which is firm and close, something like veal, but which possesses a peculiar rich taste, much liked by epicures. It is sold in oil. The best way of serving it for breakfast is to cut it in thin slices and dish it in rows, surrounded with chopped parsley and capers in small heaps. A little fresh salad oil should be poured over it just before sending the dish to table.

Twists.—(*See FANCY BREAD.*)

Veal and Ham Pressed.—(*See HAM AND VEAL PRESSED.*)

Veal, Gateau of.—*Ingredients* : Veal, boiled rice, seasoning, bread crumbs, tomato sauce. *Time to bake* : About an hour. Mince together equal quantities of cold veal and cold boiled rice. Flavour with lemon, parsley, thyme, pepper and salt. Butter a basin, shake fine bread crumbs into it to cover the inside and put in the mince. Bake in a moderate oven, turn out and serve with tomato sauce. The cake should be of a fine brown colour. If cooked in a hot oven it will be spoilt. Any kind of dressed meat or poultry can be prepared and served thus.

Vegetables, Curried.—*Ingredients* : Dressed vegetables, curry sauce, rice. *Time required* : Preparation overnight. Ten minutes in the morning. Take vegetables left from the previous dinner and cut them into dice. Put them with an equal measure of curry sauce (*see* SAUCE, CURRY) and make all hot together in a stewpan. Serve in a hot dish with a border of rice. If liked, hard-boiled eggs cut into slices can be put into the sauce also.

Venison Pasty.—*Ingredients* : Venison, pastry, gravy. *Time required* : Preparation beforehand. About four hours for baking. The neck and the breast of venison are the parts to be chosen for a pasty. It should be understood that the introduction of other meats or of hard-boiled eggs, mushrooms or anything of the sort would be a mistake. Wipe the meat and cut it into neat pieces, lay these in a pie dish, pour gravy over, cover the dish with a plate and bake in the oven for six or seven hours. Season with pepper and salt only and leave the meat until the next day, then remove the fat from the top. While the meat is cooking stew down the bones with water to cover them, a dozen peppercorns, a little salt and spice. When strong and well flavoured skim off the fat, strain the broth and squeeze a few drops of lemon-juice into it. Put the meat in a fresh dish with a thin slice of fat over each piece of lean so that when the pie is cut fat and lean may alternate right through. Line the sides but not the bottom of the dish with good thick pastry, pour some of the cold gravy over it and lay small pieces of butter here and there upon it. Cover with a thick crust and bake in a slow oven. Add more gravy by means of a funnel put through the hole in the centre and serve cold. A well-made venison pasty is considered a delicacy.

White Sauce.—(See SAUCE, WHITE.)

Whiting au Gratin.—(See SOLE AU GRATIN.)

Whiting, Baked.—*Ingredients*: Whiting, butter, gravy, seasoning. *Time required*: About twenty minutes. Cut the heads off the fish, and empty them, opening them no more than can be helped. Put them flat in a buttered baking dish, the heads one way and the tails another and the backs downwards, and put with them a table-spoonful of gravy, a knob of butter mixed smoothly with flour, a squeeze of lemon-juice, salt and cayenne. Cover with buttered paper and bake gently for about twenty minutes. Serve hot with their own sauce poured over them.

Whiting, Boiled.—*Ingredients*: Whiting, sauce. *Time required*: About five minutes for boiling. Empty and cleanse the fish, and lift the flesh from the bone in fillets. Trim these neatly, then put them into salted boiling water with a few drops of vinegar in it, and simmer gently for about five minutes. Serve with Dutch or parsley sauce.

Whiting, Fried.—*Ingredients*: Whiting, egg, crumbs, sauce. *Time required*: Four to eight minutes, according to size. Empty the fish, and fasten them with their tails in their mouths, egg and bread crumb them. Fry in plenty of hot fat; when brown they are done. Drain on kitchen paper. Send a tureen of fish sauce to table with them. (See SAUCE, FISH.)

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